FORD CALLS IT QUITS ON 'CUT THE WAIST'

MAYOR ENDS HIS PUBLIC DIET THREE WEEKS BEFORE ITS SCHEDULED END DATE, SAYING HE DOESN'T 'CARE ABOUT THE WEIGH-IN' ANYMORE PAGE 4

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Monday, May 28, 2012

News worth sharing.

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GIVE CYCLING A TRI!

Coun. Michael Layton races his stepmom, Trinity-Spadina MP Olivia Chow, on a tricycle during the "Bike with Mike" festival on Sunday at Christie Pits Park. Layton (Ward 19) puts on the annual event to celebrate pedal power, and to kick off the city's official Bike Month, which starts Monday with a citywide group commute that will converge on city hall for a pancake breakfast. Story, page 4. COLIN MCCONNELL/TORSTAR NEWS SERVICE

New TTC cash may help ease overcrowding

Expected ridership growth. Transit planners want council to approve new operating funds by next month

About seven months after it cut service on dozens of routes across the city, the TTC wants to spend an additional $2.1 million this year — $6.5 million annually — to cope with higher-than-expected ridership growth.

The TTC expects to deliver 512 million rides this year, far outstripping earlier projections and boosting its anticipated fare revenue by $9 million over budget. Only 16 per cent of the 65 routes that suffered service reductions earlier this year are among the 79 in line for a boost in the fall, said TTC service-planning manager Mitch Stambler.

"When we had to (cut), we looked for routes where the effect would be the least," he said.

King of rush hour

- Among the routes in line for more service, according to a report before the TTC board on Wednesday, May 30, is the 504 King streetcar.
- It is averaging 63 riders in the afternoon rush, exceeding the standard of 53.

The service cuts implemented in February saved $9.7 million this year and are worth about $11 million annually.

The additional operating funds the TTC is now recommending to ease crowding have to be approved by city councillors on the Toronto Transit Commission and city council. TTC staff would like that approval by June, to allow time for training and hiring another 44 operators and 10 mechanics.

TORSTAR NEWS SERVICE

B.C. athlete makes history in Italy

Cyclist Ryder Hesjedal has become the first Canadian to win the Giro d'Italia long-distance race PAGE 26

Two Winnipeg kids found in Mexico

Siblings at the centre of a high-profile abduction case have been located, according media reports in Mexico PAGE 8

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Canada-wide warrant

Wanted man surrenders to police

Peel regional police say a Brampton man wanted on a Canada-wide warrant is in custody.

Police say 22-year-old O'Neil King turned himself in on Saturday night.

Investigators allege a 29-year-old Brampton man was stabbed in the chest and hit with a hammer on May 21. He has since been released from hospital.

O'Neil has been charged with attempted murder and was due in court Sunday morning. THE CANADIAN PRESS

Minor injuries

Crash sends car through bus shelter

A nun on her way to Sunday mass was injured when her car was hit by a vehicle that drove through a red light.

The collision happened at about 6 a.m. at Keele St. and Eglinton Ave. W.

The accident sent the victim's vehicle crashing though an empty bus shelter. The victim, 60, had minor injuries but was taken to hospital as a precaution. TORSTAR NEWS SERVICE

New guidelines

Schools not up to speed: Report

Almost half of all Ontario high schools are still charging students course fees, despite guidelines introduced by the province last fall telling them not to, says an annual report on the state of education to be released Monday.

Research and advocacy group People for Education has been conducting the survey of the province's schools for more than a decade. TORSTAR NEWS SERVICE

Everest. Team scrambles to retrieve T.O. climber's body

The body of a Toronto woman who died near the summit of Mount Everest may be recovered as soon as Tuesday, according to the expedition group that organized the trek.

Ganesh Thakuri, managing director of Utmost Adventure Trekking, said he was able to assemble a new recovery team to climb more than 8,000 metres above sea level to reach the spot where Shriya Shah-Klorfine, 33, is believed to be located.

Shah-Klorfine and four others died a week ago from exhaustion and altitude sickness after achieving a lifetime goal to scale the mountain.

In previous statements to the media, Thakuri said his company may be forced to wait until climbing season resumes in October before attempting a recovery.

Reached by phone in Nepal on Sunday, Thakuri said he dispatched the group earlier in the day and will know by Monday afternoon whether it will be possible to bring the body down.

Shriya Shah-Klorfine CONTRIBUTED

It's the second and likely the last attempt to reach it before the season ends.

Climbers found the body Saturday and managed to transport it a few hundred metres but had to abandon the effort due to severe weather conditions.

Close friends of Shah-Klorfine confirmed that her husband, Bruce Klorfine, left for Nepal Saturday. They said he hopes to cremate her body in Katmandu and eventually transport her ashes to Canada. TORSTAR NEWS SERVICE

Sanctuary turns down 2nd visit by Toronto Zoo

Anger. California elephant sanctuary official says she's had enough of zoo's 'witch hunt' in planned transfer of 3 elephants

War of words

PAWS acknowledges that some of its elephants have tested positive for exposure to TB, but says there are no active cases.

- But the zoo keepers have launched an aggressive campaign, including on Facebook, circulating reports they say confirm the presence of the disease at PAWS. They want the trio of African elephants Toka, Thika and Iringa, sent elsewhere.

The co-founder of the California sanctuary that's supposed to be taking our three remaining elephants says she's so fed up with the way transfer negotiations are going, she's saying no to a second inspection visit to her facility by Toronto Zoo officials.

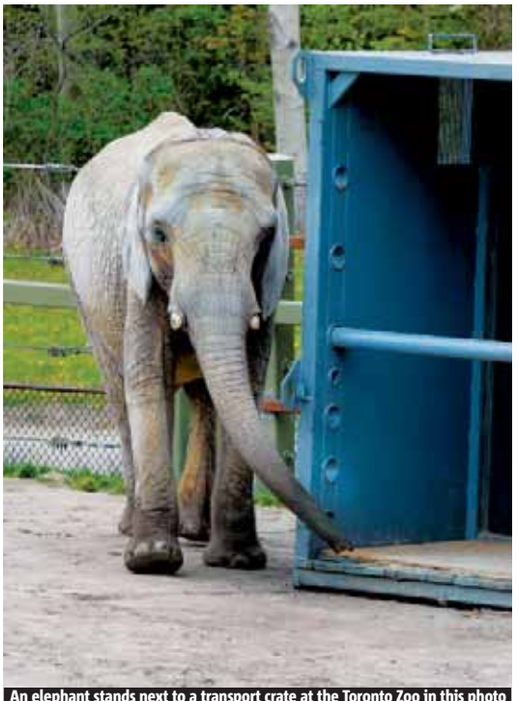
Earlier this month after a closed door meeting at city hall, city councillors Giorgio Mammoliti and Michelle Berardinetti and zoo CEO John Tracogna told reporters they'd be taking a trip to PAWS "as quickly as possible" as part of a due-diligence process.

But Pat Derby, a former Hollywood animal trainer who started PAWS in 1984 with a partner, said in an interview this weekend she's furious, and "sick" of the zoo's "witch hunt" and won't be agreeing to another visit.

Councillor Berardinetti went to PAWS in December, as did some zoo staff including keepers and two top veterinarians. The councillor has given PAWS the thumbs-up, but several Toronto zookeepers and senior staff have deep concerns including reports of tuberculosis at the facility

"They've been here (done that)…. I'm not entertaining any delegation from the Toronto Zoo," Derby said in a telephone interview from California.

Tracogna, the zoo CEO, says it's the first he's heard of Derby's decision. TORSTAR NEWS SERVICE



An elephant stands next to a transport crate at the Toronto Zoo in this photo from earlier this month. The co-founder of a California sanctuary where the elephants are set to be transported has said it will not entertain a second delegation from the zoo. RENE JOHNSTON/TORSTAR NEWS SERVICE

1 NEWS

On the web

The proposal heard 'round the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. After posting his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed close to two million times, received international attention and been called the 'greatest marriage proposal ever.' Watch him get his girl at metronews.ca.

Mobile news

What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

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Official schedules don't list all activities, defiant mayor says

Ford rebuts critics. Says he's 'just doing what people want me to do'

Mayor Rob Ford says his official internal itineraries include only a fraction of his activities.

A Toronto Star article on Saturday revealed that Ford's itineraries for early 2012 included less than half of the meetings of his itineraries for early 2011. It cited sources, including current and former staff, who said he often does not leave his home until noon. And it said he routinely doesn't show up for long-scheduled meetings and events.

Speaking on his Sunday radio show, Ford did not challenge any of the specifics of the article. But, calling Star employees "pathological liars," he said he does far more than his itineraries show.

Because Ford does not release a weekly schedule of public activities, as previous mayors did, the Star filed freedom of information requests to obtain his internal itineraries.

"When they go for these freedom of information — they might get a tidbit of what's really goin' on," Ford said.

As evidence, Ford cited his one-on-one work with constituents, which his itineraries suggest has also dropped off. He said he returns 40 to 50 constituent phone calls per day. On Tuesday, he said, he worked from 8:30 a.m. to 5 p.m. to visit 14 or 15 constituents, "knocking on doors" and wearing out his staff in the process.

"So if people want to know what I'm doing," he said, laughing, "just talk to staff." He later added: "I'm just doing what people want me to do."

Ford's brother and radio co-host, Coun. Doug Ford, said the mayor works "nonstop, 18 hours a day.

"For anyone to say that you aren't workin' around the clock is frustrating," Doug Ford said.

Rob Ford also said any 2013 residential property-tax hike will be "way" under two per cent. His 2011 budget froze property tax rates, and his 2012 budget included a 2.5 per cent increase.

TORSTAR NEWS SERVICE

No more weigh-ins

Ford lays waste to diet

Mayor Rob Ford has quit his public diet three weeks before the scheduled end of his Cut the Waist Challenge.

On their Sunday radio show, his brother, Coun. Doug Ford, threatened to drag him to their weigh-in on Monday. The mayor, who has cancelled five weigh-ins in nine weeks, replied: "I don't care about the weigh-in. I'm not even dieting anymore. It's gone! It's water under the bridge. So I gotta — we gotta refocus."

Ford drew praise from politicians and nutrition experts for embarking on a public effort to get healthier.

The weekly weigh-ins drew intense media interest, in part because they were the only regular opportunity reporters had to ask Ford questions. TORSTAR NEWS SERVICE

Pedal power. Festival gears up for Bike Month

Tracy Rowan not only got a free bike tune-up and collected maps of cycling routes at Christie Pits on Sunday, but she also got to grind coffee by pedalling a stationary bicycle.

"I love this bike fest. It's real multitasking," Rowan, 49, said, sniffing the bag of finely ground Haitian, Ethiopian and Guatemalan beans. "Quite bold. The way I like it."

The annual Bike with Mike festival, put on by Coun. Mike Layton (Ward 19), was a dress rehearsal for Bike Month, which starts early Monday with a citywide group commute that will converge on city hall for a pancake breakfast.

Layton's festival on Sunday was filled with bike-friendly events. Police officers registered bicycle serial numbers to have on file in case of theft. People decorated their rides with streamers and flowers. An artist displayed sculptures made of bike parts. Culture Link handed out its Toronto Cyclists Handbook, available in 16 languages, while Bikes Without Borders, a non-profit group, collected old bicycles to be used in a bike-repair workshop for youth in the St. Jamestown neighbourhood.

The coffee-grinding bike was a money-raiser for the group. Another stationary bicycle had a blender operating off the rear wheel, so people could create smoothies as they pedalled in exchange for a donation.

"A lot of people in their busy lives don't know about the different groups doing fun things," Layton said. "At the same time, this promotes cycling as a form of transportation."

Layton's Trinity-Spadina ward has more bike commuters — about 10 per cent on average — than other areas of the city, said Antony Hilliard of Cycle Toronto. Overall in the city, bike commuters make up about two per cent of residents.

To learn more about the 100-plus events at Bike Month, go to toronto.ca/cycling/bikemonth.

TORSTAR NEWS SERVICE

Ira Puri, 8, powers a bicycle to grind coffee for her mom on Sunday at the Bike with Mike festival at Christie Pits. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Behind enemy lines with Jake Gyllenhaal

Actor Jake Gyllenhaal, in black leather jacket, films scenes for the movie An Enemy, directed by Canadian Denis Villeneuve, at Adelaide and York streets on Sunday afternoon. SAUL PORTO/TOP NEWS

Wanted: Driver. Must love your work

Looking for a $1,000-a-week summer job that puts you in the driver's seat? You have until Wednesday to apply.

There's just one catch: You must really love being in the driver's seat — so much, that you're willing to spend an entire month there.

Evergreen, a national charity that focuses on making cities livable, is looking for a person to live out of a car for the month of July to generate conversation about Toronto's clogged streets.

"It's shocking that Toronto has one of the worst commute times in the world," said Lea Anne Armstrong, creative director at Evergreen. Some city-dwellers are stuck in traffic for the equivalent of one month every year, she said.

"So this campaign will, hopefully, get a reaction, get people talking."

The selected candidate will eat and sleep in the car, leaving only for necessary breaks such as going to the bathroom. It's all part of MOVE: The Transportation Expo at Evergreen Brick Works.

The event aims to explore sustainable transportation in the city. The person in the car will add to the conversation by conducting interviews with industry experts — seated on the passenger seat — and by interacting with the public through social media.

METRO

You auto apply

- Apply for Evergreen's live-in-a-car job by submitting a one-minute-long video and a 250-word written submission outlining why you're perfect for the job.
- Full details about the job and how to apply can be found at facebook.com/monthinacar.
- To learn more about the transportation expo, go to ebw.evergreen.ca/move.

Campaign debts

Candidate's cheque dates altered: Audit

A forensic audit found altered dates on seven cheques to Gus Cusimano's 2010 campaign for city council. The changes made to contributions illegally received in July 2011 appear to be from June 2011, the last month candidates could legally raise funds to pay off campaign debts, says the audit obtained by Torstar News Service. Jack Siegel, Cusimano's lawyer, says his client "certainly did not" change the dates. A city committee is reviewing the audit. TORSTAR NEWS SERVICE

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Pride denied to Russian gay activists

Russian police officers detain a gay-rights activist during an attempt to hold a gay-pride parade in Moscow on Sunday. Russian police have detained around a dozen protesters demanding the right to hold a gay-pride parade. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied. MIKHAIL METZEL/THE ASSOCIATED PRESS

Miami police kill naked man found eating victim's face

Grisly scene.
Witnesses horrified as nude attacker mauls man in the middle of a busy downtown causeway

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, chewing on the victim's face as horrified drivers looked on.

Local media reported that gunshots were heard at around 2 p.m. Saturday on the MacArthur Causeway off-ramp.

Witnesses reported seeing a naked man attacking the other man by viciously chewing on his face.

A woman who saw the two men fighting summoned a police officer, who instructed the naked man to back away. When the alleged attacker refused to comply, the officer shot him several times.

Miami police confirmed the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial hospital's trauma centre.

He is listed in serious condition but is expected to survive.

Javier Ortiz, a spokesman for the Fraternal Order of Police in Miami, told the Associated Press that the officer who fired at the suspect "is a hero and saved a life."

METRO

Police response

"Based on the information provided, our Miami police officer is a hero and saved a life."

Javier Ortiz, spokesperson for the Fraternal Order of Police in Miami

Houla massacre

UN condemns Syrian regime

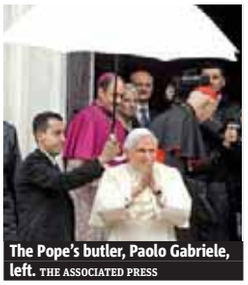
The UN Security Council on Sunday blamed the Syrian government for attacking residential areas of the town of Houla with artillery and tank shelling, and also condemned the close-range killings of civilians there — but avoided saying who was responsible for the massacre of more than 100 men, women and children.

The council said in a press statement after an emergency meeting that the "outrageous use of force" against civilians violated international law and previous UN resolutions. THE ASSOCIATED PRESS

Vatican. Pope Benedict's butler arrested for leaks

The Vatican's investigation into the source of leaked documents has yielded its first target, with the arrest of the Pope's butler, but the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles and corruption in the highest levels of the Catholic Church governance.

The tumult began with the publication last weekend of a book of leaked Vatican documents. It peaked with the inglorious ouster on Thursday of the president of the Vatican bank. And it concluded with confirmation Saturday that Pope Benedict XVI's own butler was the alleged mole feeding documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2.



The Pope's butler, Paolo Gabriele, left. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Thunder Bay fire ranger John Perry examines a still-burning forest as firefighters battle the blaze to save trailers and homes at the Cache Campground, west of Timmins, Ont., on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Rain could bring relief from Ontario forest fires

Timmins. Frustrated residents wonder when they'll be able to return home as evacuation continues

A sprawling forest fire that threatened the city of Timmins in northern Ontario was reduced to swathes of smouldering terrain by a steady drizzle Sunday, but emergency officials warned the crisis is far from over.

It will take more than a sprinkle to turn the tide against the fire burning massive stretches of woodland west of the city of 43,000, Mayor Tom Laughren said.

"We need a lot of rain to change the situation," he said Sunday. "But whatever rain we get, with these kinds of temperatures, definitely helps (the Ministry of Natural Resources) and firefighters in their task."

The change in weather signalled a shift in tactics for firefighters dispatched to battle the blaze.

Earlier efforts centred on shielding properties from damage, officials said, noting only a few sheds and a truck fell prey to the flames.

"As the rain increases, we'll shift from value protection to installing control lines around the fire," said Garry Harland, the ministry's fire operations supervisor.

Fire crews

80

An additional 20 four-person crews arrived from British Columbia this weekend to help battle the forest fire about 30 kilometres outside Timmins, Ont., the ministry said.

The showers that began Sunday afternoon brought welcome relief from the violent winds that fanned the fires and propelled thick, acrid smoke toward the city at various times this week. The pungent cloud sparked concerns in the community over air quality before it cleared this weekend.

The winds also temporarily limited the use of water bombers, a crucial weapon in fighting the flames.

The wildfire shrunk slightly over the weekend to 39,518 hectares from 41,210.

THE CANADIAN PRESS

SCANDINAVIA'S #1 SELLING CHILI FAT BURNER

Here is your new powerful and clinically proven fat burning spice: Chili

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The Scandinavian company New Nordic has launched the new **Chili Burn™** tablet you need to lose your belly fat. Here are 4 compelling reasons to run to your pharmacy and pick up a box of Chili Burn tablets:

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- STOMACH FRIENDLY COMPOSITION

Ruth burned away her belly-fat and fits into her wedding dress again!

Ruth feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Ruth's story

"After having 5 children, I had a hard time burning that extra fat. As the years progressed, I never viewed myself as being overweight, but I always struggled with fat on my stomach. At 55, I found myself constantly dressing to disguise my belly, staying away from tight clothes and the like.

People noticed my new figure

I read about **Chili Burn** in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking it in July 2011. Now, 6 months later I have lost my belly fat and people really notice it. They all want to know my secret, so I recommend **Chili Burn** to family, friends, and acquaintances and really encourage them to try it out. This product will suit anyone who would like to burn fat with natural ingredients and be side effect free. I highly recommend it."

Ruth Veldstra, Hagersville, Ontario

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Everest. B.C. trekker recalls deadly climb

Steve Curtis was one of hundreds of climbers who scrambled up Mount Everest in a recent limited window of good weather, reaching the peak on May 19, the same weekend five people died including Scarborough's Shriya Shah-Klorfine.

"We saw the bodies of other people who had died on the way up," Curtis said Sunday, a day after returning home to Vancouver. Fellow climber and Spanish doctor Juan Jose Polo Carbayo, who shared base camp with Curtis, was among those who died in the "death zone," an oxygen-depleted stretch of tumultuous terrain.

"The wind's blowing like crazy, the tent's shaking, we're concerned about our oxygen," he said. "An hour or so passed, we asked where Juan was, they said, 'He's dead.' It must have been four or five times we asked. We had just seen him."

Curtis estimates five or six bodies from years past still lie in the death zone, serving as reminders of the fragile conditions on the Everest peak.

DANIEL PALMER/FOR METRO

Charity trek

Curtis was diagnosed with a rare form of lymphoma in 2006 and given two years to live. He chose to use his time as an advocate for Take a Hike, an organization that engages at-risk youth with adventure-based learning.

Ottawa

Man dead after lightning strike

An 18-year-old man who was struck by lightning in Ottawa has died.

Joel Gauthier was out riding his bike with a friend on Friday when a storm swept through the city.

The pair had stopped under a tree to put on some rain gear when lightning struck. Gauthier went into cardiac arrest and was knocked unconscious. He later died in hospital.

The storm knocked over trees and blew a large section of roof off a four-storey apartment building.

THE CANADIAN PRESS

Children found in Mexico after 2008 abduction

Lost and found. Investigators found children with their father and a cousin in a house equipped with security cameras and barbed wire

Dominic and Abby Maryk, who were kidnapped in 2008, have been located in Mexico, according to local media reports. CONTRIBUTED/THE CANADIAN PRESS

Two Winnipeg children at the centre of a high-profile child abduction case have been located in Mexico, local media reports.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were aged seven and six respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg Police have worked very hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children. On Saturday, police issued a media advisory stating that they have been involved in a lengthy investigation with Mexican authorities and "significant developments" occurred on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

Mexican newspaper Milenio said a Guadalajara man saw a television news report that mentioned the missing children, who bore a striking resemblance to two children who for the previous couple of weeks had been living in a home in the area of Jardines de los Puentes in Zapopan.

He contacted local police and federal authorities but "no one listened to me," so he was put in contact with Juan Manuel Estrada, who heads the FIND Foundation, a group that helps locate missing people in Mexico.

Estrada contacted Interpol Mexico, which found the two children, their father and a cousin, identified as Cody McKay, also from Winnipeg.

BERNICE PONTANILLA/METRO WINNIPEG

Protests over the deaths of villagers killed in an overnight NATO raid earlier this month in Laghman, east of Kabul.
RAHMAT GUL/THE ASSOCIATED PRESS

No evidence civilians died in airstrike: NATO

Afghanistan.
Anonymous official contradicts report of family members killed, but says group is working to find out more about allegations

The U.S.-led coalition on Sunday disputed reports that eight civilians, including children, were killed in a NATO airstrike in a remote part of eastern Afghanistan.

Afghan officials said an airstrike Saturday night killed eight members of a family, but a senior NATO official said that so far, there is no evidence of any civilian casualties. The official spoke on condition of anonymity because he was not authorized to disclose the information.

The coalition said it was working to find out more about allegations that civilians were killed in the NATO operation that foreign forces were conducting Saturday night in Paktia province.

The killing of civilians by foreign forces has been a major irritant in Afghan President Hamid Karzai's relationship with his international partners. He warned earlier this month that civilian casualties could undermine a strategic partnership with the U.S. that is to govern long-term relations after most international troops withdraw by the end of 2014.

THE ASSOCIATED PRESS

7-year hiatus

Palestinian Airlines flys again

Palestinian Airlines is back in the skies after being grounded for seven years by the deepening enmities of the Israeli-Palestinian conflict.

Once hailed as a symbol of Palestinian statehood dreams, the carrier is a tiny operation, with just two 48-seat turboprop planes, two weekly flights and a borrowed hub in Egypt. THE ASSOCIATED PRESS

Jordan

Christian woman sues over head garb

A Christian Jordanian woman is suing her Gulf Arab employer for arbitrary dismissal after she refused a new dress code forcing her to cover her head.

The incident is rare and could stir religious tensions in Jordan, a predominantly conservative Muslim nation whose Western-educated ruler is perceived as a staunch supporter of moderate Islam and tolerance of other religions.

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A friend recently compared car insurance rates with their neighbor and was shocked to find out that he was paying a lot more. Although this may seem unfair, the reality is that there are many factors taken into account when an insurance company determines its rates and where you live is only one factor.

The car you drive has an impact on your insurance rate. While you may not know which vehicle is more or less expensive to insure, there are a few points to consider. Each car is rated based on likelihood of a crash, injury and theft. Also, the car value plays a role, as the cost to repair or replace the car may be higher for a more expensive automobile. All of these features of your car will affect your insurance rate.

Your driving record has probably one of the biggest impacts on your rate. Good drivers get the best rates because they represent a lower risk of a claim. If you have a ticket or an at-fault car accident on your record, you will likely pay a higher rate than someone with a clean record.

Where you live and where you drive also affects your insurance premium. Your postal code impacts your rate based on accident statistics in that particular area as well as the likelihood of theft. And your commute distance will likely have an impact as well, as the more time you spend on the road, the odds of an accident increase.

Most of these factors are within your control; but one critical component of insurance rates charged is the insurance company's experience with similar profiles based on all the factors. And on top of this, each insurance company can rate the factors differently making it almost impossible to tell why a rate with one company could be thousands more than the exact same policy with another company.

This means that while one insurance company may charge more in your postal code or for the car you drive, another may charge less for one or both of these factors. With so many insurance companies in Ontario, chances are you may not be with the one that can offer you the best rate for your specific profile.

The only way to make sure you are getting the best insurance rate is to check the costs with as many companies as possible. But who has the time to call or click with that many companies? One option to save time and money is to use a quoting site like InsuranceHotline.com, which will compare your rate against over 30 insurance companies.

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Caribbean

Haiti faces long road to recovery

It will take Haiti the better part of three decades to become a middle-income country on par with its Caribbean island neighbour, the Dominican Republic, says the top U.S. official on the file.

But Thomas Adams, the State Department's special co-ordinator for Haiti, told The Canadian Press that a "realistic" estimate should not be seen as daunting to countries like Canada that are heavily invested in helping the Western Hemisphere's poorest country, still struggling after its devastating 2010 earthquake. THE CANADIAN PRESS

Maine

State installs turtle crossing signs

A few southern Maine towns will be installing turtle crossing signs.

The road signs aim to warn motorists of endangered turtle road crossing locations with the hope of reducing road deaths of two of the state's rarest species. THE ASSOCIATED PRESS

Miracle brides

Ukrainian brides in Odessa, Ukraine touch a stone taken from the Israeli town of Cana in Galilee where Jesus Christ was said to have performed his first public miracle, the turning of a large quantity of water into wine at a wedding feast. ANDREY DYOGTYEV/THE ASSOCIATED PRESS

Student leaders consider compromise on tuition increase

Quebec. Emphasis placed on compromise and cooperation on both sides as focus of protest continues to extend beyond tuition

Lisa Poirier bangs on a bowl during a demonstration protesting Quebec student tuition fee hikes, in Montreal, Saturday. GRAHAM HUGHES /THE CANADIAN PRESS

Quebec student leaders signalled on Saturday they may be ready to compromise on the core of their dispute with the government — the province's plan to raise tuition fees.

That didn't stop thousands from taking to the streets of Montreal for the 33rd night in a row in a protest that again made it clear the conflict has moved far beyond the issue of education.

One student leader, Martine Desjardins, said both sides must be prepared to compromise for the months-long crisis to be resolved.

Another, Leo Bureau-Blouin, made headlines on Saturday when he told CBC Radio he would be willing to accept some form of tuition increase. Later in the day Bureau-Blouin tried to clarify his comments, saying the students were willing to make adjustments if the government was prepared to do so as well.

"If the government is prepared to move, there could be an area where we can find common ground," he told The Canadian Press.

The nightly demonstrations continued Saturday with thousands of people pouring into the streets of Montreal, with several neighbourhood protests around the city. The focus at the marches has shifted from the proposed tuition increases to Bill 78, Quebec's controversial emergency law designed to limit the scope of student demonstrations.

One protester said he isn't necessarily opposed to the tuition increases, but feels the government has gone too far in its efforts to end the conflict.

"I believe what they're fighting for is deeper now. It's about the law, it's about the government's tactics, it's about taking back the streets," said Mark Sabourin, 26, who drove from the suburbs for the demonstration with his wife and three kids. THE CANADIAN PRESS

Negotiation

Leaders of Quebec's three main student associations could meet the province's education minister as early as Monday.

- While the proposed hikes would still leave Quebec with some of the lowest tuition rates in Canada, the issue has flared into a clash of ideologies that goes beyond the debate over education.
- The students have called for a tuition freeze but the government has flatly rejected that.

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Outsourced police control a booming sector in China

Surveillance. While many have broken no law, dissenters are increasingly being monitored by co-workers, neighbours and gang members

Unidentified men block a journalist's vehicle from entering a village where activist Chen Guangcheng was locked down. ANDY WONG/THE ASSOCIATED PRESS FILE

Every workday at 7:20 a.m., colleagues pick up Yao Lifa from his second-floor apartment and drive him to the elementary school where he taught for years.

This is no car pool. Yao is a prisoner, part of a China boom in outsourced police control. By day, Yao is kept in a room, not allowed to work and watched by fit, young gym teachers and other school staff. At dinner time or later, he is sent back to the apartment that he shares with his wife and 3-year-old daughter. A surveillance camera monitors the building entrance, while police sit in a hut outside.

"At school, if I have to go to the bathroom, someone escorts me. Most of the time, I'm not allowed to speak with others or answer the phone," Yao said from his home in Qianjiang city. "When they bring me home, they sign me over to the next shift."

Like the blind activist Chen Guangcheng until his escape from house arrest last month, Yao belongs to an untold number of Chinese activists kept under tight control by authorities, even though in many cases they have broken no law.

Co-workers, neighbours, government office workers, unemployed young toughs and gang members are being used to monitor perceived troublemakers, according to rights groups.

Yao has never faced criminal charges. His misdeed is decades of campaigning for democratic elections.

"They won't let me teach. They're afraid of course that I'll start talking about democracy to the students," said Yao, a former school administrator and science lab instructor.

While China has long been a police state, controls on these non-offenders mark a new expansion of police resources at a time the authoritarian leadership is consumed with keeping its hold over a fast-changing society.

"Social activists that no one has ever heard of have 10 people watching them," said Nicholas Bequelin, a researcher with Human Rights Watch. "The task is to identify and nip in the bud any destabilizing factors for the regime."

THE ASSOCIATED PRESS

Targeted population

1M

Mostly unknown outside their communities, the activists are a growing portion of what's called the "targeted population" — a group that also includes criminal suspects and anyone deemed a threat. They are singled out for overwhelming surveillance and by one rights group's count amount to an estimated one in every 1,000 Chinese — or well over a million.

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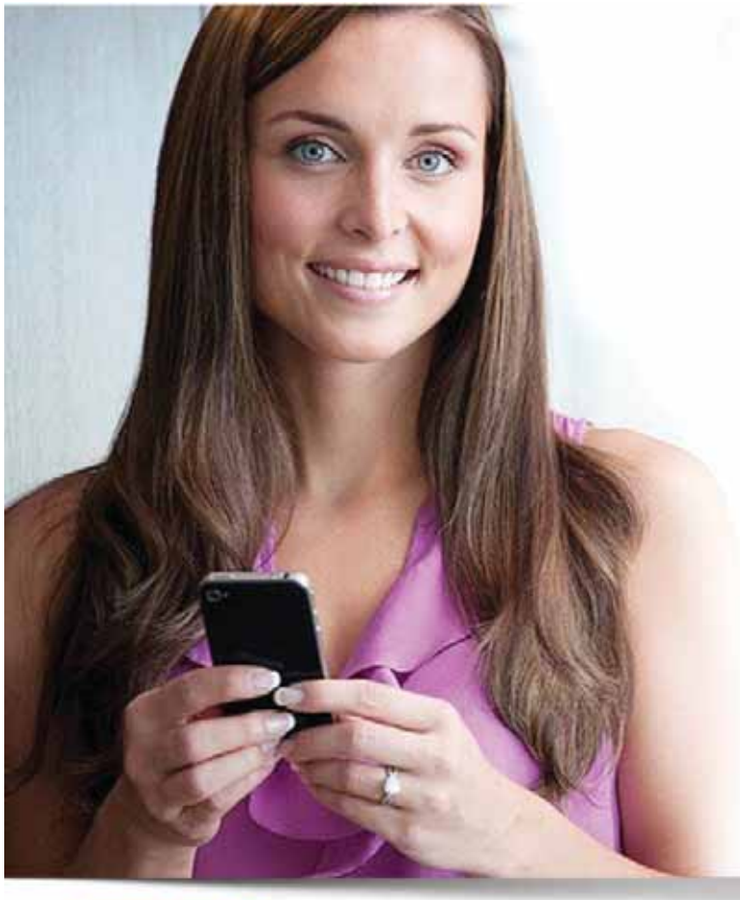

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Facebook's small investors bitter, divided on next step

On the street. Many accuse Facebook and its underwriting banks of setting the price too high and for trying to sell too many shares

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some select clients of an analyst's negative report about Facebook before its stock began trading May 18. As the lead underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks. Morgan Stanley disputes the allegations.

Some individual investors say they recognize that Facebook's initial $38 US stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in Standard & Poor's index is far cheaper, about 19 times earnings.

Before Facebook's public debut, some investors were considering what to do if the stock price doubled the first day. Instead, it closed a paltry 23 cents higher. It tumbled $7.23 the next two days. A week later, it still hasn't begun to recover. It closed Friday at $31.91.

THE ASSOCIATED PRESS

Television correspondent Sabrina Quagliozzi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.
RICHARD DREW/THE ASSOCIATED FILE

CEO pay up more than 6%: Analysis

Profits at big U.S. companies broke records last year, and so did pay for CEOs.

The head of a typical public company made $9.6 million US in 2011, according to an analysis by The Associated Press using data from Equilar, an executive-pay research firm.

That was up more than six per cent from the previous year, and is the second year in a row of increases. The figure is also the highest since the AP began tracking executive compensation in 2006.

Companies trimmed cash bonuses but handed out more in stock awards. For shareholder activists who have long decried CEO pay as exorbitant, that was a victory of sorts.

That's because the stock awards are being tied more often to company performance. In those instances, CEOs can't cash in the shares right away: They have to meet goals first, like boosting profit to a certain level. The idea is to motivate CEOs to make sure a company does well and to tie their fortunes to the company's for the long term. For too long, activists say, CEOs have been richly rewarded no matter how a company has fared — "pay for pulse," as some critics call it.

To be sure, the companies' motives are pragmatic. The corporate world is under a brighter, more uncomfortable spotlight than it was a few years ago, before the financial crisis struck in the fall of 2008.

Last year, a law gave shareholders the right to vote on whether they approve of the CEO's pay. The vote is nonbinding, but companies are keen to avoid an embarrassing "no."

"I think the boards were more easily shamed than we thought they were," says Stephen Davis, a shareholder expert at Yale University, referring to boards of directors, which set executive pay.

In the past year, he says, "Shareholders found their voice." The typical CEO got stock awards worth $3.6 million in 2011, up 11 per cent from the year before. Cash bonuses fell about seven per cent, to $2 million. THE ASSOCIATED PRESS

Benefits

In the small world of big CEOs, the perks can be spectacular. Drivers, country-club memberships, use of company aircraft — those splashy extras are fairly routine. And so are less-splashy extras, with companies often shouldering the cost for the boss' personal financial planning or annual physical. Among the perks showered on CEOs last year:

- Martha Stewart Living Omnimedia spent $73,230 on a weekend driver for its eponymous founder.
- Wynn Resorts spent $910,345 letting CEO Stephen Wynn use a company plane for personal travel. It also gave up $503,831 by keeping a suite at a Las Vegas resort.

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CP Rail. Ottawa to table back-to-work legislation

The Harper government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption. "With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are looking for in order to intervene," she told CTV's Question Period.

THE CANADIAN PRESS

THE MAYOR WHO WASN'T THERE

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

If not for his ridiculous weight-loss challenge, Mayor Rob Ford's general whereabouts over the past few months would be a near-constant mystery. With his schedule private and media appearances curtailed, the mayor's depressing weekly weigh-ins were often the only time reporters and the public could actually count on seeing Ford at City Hall. Not a great track record for a guy who promised increased transparency and accountability.

And now even the weigh-ins are done. After a string of cancellations — Ford missed five of his last nine scheduled appearances on the scale — the mayor abruptly called an end to the challenge on his radio show yesterday. "I don't care about the weigh-in," he told listeners. "I'm not even dieting anymore."

Reports also indicate that Ford has cut way back on meetings with other councillors and often skips out on glad-handing with dignitaries. Ford's schedule — which can be obtained only through Freedom of Information requests — reveals few meetings and fewer details. Some days, he reportedly doesn't even leave his house until noon.

On the job?

"Ford's schedule ... reveals few meetings and fewer details. Some days, he reportedly doesn't even leave his house until noon."

North York councillor and possible 2014 mayoral candidate Shelley Carroll has called Ford an absentee mayor, a shot that had his defenders up in arms last week. But the facts are on her side. By all accounts, he's just not around City Hall all that much.

On the radio Sunday, the mayor and his brother argued that while, sure, he may not be doing some of the things the media expect him to do, he is out there helping people with their problems. He's a different kind of politician, after all. Ford Nation didn't elect him to meet with the usual gang of political activists.

And, yes, Ford has been known to do unusual things. He's made surprise visits to Toronto Community Housing buildings and showed up to help people deal with unwanted piles of dirt in their backyard. He's also famous for responding to personal calls made by citizens — between 40 and 50 every day, he said on Sunday.

All that is laudable, but it's not particularly relevant to the job Ford was elected to do. The mayor can be far more effective sitting at a boardroom table working toward systemic change than he can be dealing with individual complaints.

In other words, Ford's not going to fix TCHC's funding issues by visiting tenants and pointing out bed bugs and holes in their walls. To fix TCHC, he actually needs to be the mayor and get to work. The same goes for the city's other problems.

As it stands, Ford's recent track record shows that he'd be better suited to a job as city bylaw officer or constituency assistant. Not only would he probably enjoy the work more, he'd also have to tell his supervisor where he is every day.

Mayor Rob Ford arrives for a meeting at the Ontario Legislature on Wednesday, Aug. 17, 2011. FRANK GUNN/THE CANADIAN PRESS

Wild horses won't drag him away

MARTIN MEISSNER/THE ASSOCIATED PRESS

Endangered species

Feral herd caught once a year

A man catches a young wild stallion in Duelmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.

THE ASSOCIATED PRESS

Young bucks wrangle young stallions

Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

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300

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@MikeRadoslav
Cycling won't suddenly become huge because of Ryder Hesjedal's impressive tour win, but it's got many Canadians talking and that's great!

@17_TommyA
Kim Kardashian's ego is bigger than her ass.

@ktmack52
3hour bike ride round #toronto! Feeling great! Minus almost being hit by a car.....multiple times!

metro

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2

SCENE

Box office

Men in Black 3 takes down Avengers

The suits have knocked off the superheroes at the box office. Will Smith and Tommy Lee Jones' sequel Men in Black 3 debuted as the No. 1 movie in the U.S. over the weekend with $55 million from Friday to Sunday. That bumps Disney's The Avengers into second-place after three blockbuster weekends on top for the superhero sensation. The Avengers took in $37 million over the three days to push its domestic total to $514 million and become only the fourth movie ever to top half a billion dollars.

THE ASSOCIATED PRESS

On the web

After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.

Rachel Nichols stars in Continuum, which premiered on Showcase last night. HANDOUT

Nichols heads into sci-fi territory with Continuum

New TV series.
Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination," says the actress, whose past credits include Conan the Barbarian, GI Joe: The Rise of Cobra and JJ Abrams' Star Trek reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series Continuum, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidently sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, Continuum is shot in Vancouver, a city that's played host to a bevvy of sci-fi shows in the past including the X-Files, Stargate SG-1 and Battlestar Galactica.

Despite her previous roles, Nichols had never visited the city until this January, but she thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."

TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on Criminal Minds and Alias as well as landing dramatic roles in Shop Girl and Charlie Wilson's War.

- But where there was once a stigma against film actors doing television, these days, few people make a distinction between the two mediums. "I like bouncing back and forth," she says. "That great divide doesn't exist anymore."
- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

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METRO DISH

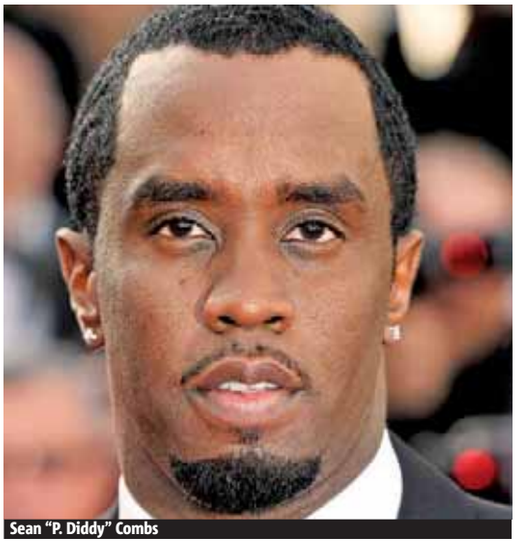
OUR TAKE ON THE WORLD OF CELEBRITIES

Keira Knightley ALL PHOTOS GETTY IMAGES

Keira Knightley engaged to Klaxons' James Righton

Keira Knightley is reportedly set to marry British musician James Righton, according to Hollyscoop — though details about the privacy-minded actress' plans are hard to come by.

Righton, a member of the band Klaxons, recently moved into Knightley's London home, and the pair are apparently planning to expand the household: "They want to get a puppy. It's all pretty serious," a source says.



Sean "P. Diddy" Combs

Puff Daddy photographer blows off steam

Sean "P. Diddy" Combs' recent Twitter boasting about his plans to blow $2 million at a Miami strip club drew the ire of one disgruntled freelance photographer. Rob Hoffman claims he completed a job for Diddy in February but has still not been paid — and he took to Twitter himself to call out the hip-hop mogul. "Infuriating when you fight to get paid by people who are bragging about throwing 2 mil around at a f–ing strip club," Hoffman posted.

Gisele Bundchen

Gisele Bundchen and Tom Brady await baby number two

Gisele Bundchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bundchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. Another baby would seem about right for the couple, as Bundchen has previously said in interviews, "I want to have a big family. I love kids."

Quoted

"I want to have a big family. I love kids."

Gisele Bundchen

Reporter snubbed, MIB style

The Ukrainian red-carpet reporter who tried to kiss Will Smith — and ended up getting a slap from the Men in Black 3 star instead — is very, very sorry. "I just tried to kiss him in the cheek and he moved his head so fast," the reporter, Vitalli Sediuk, says in an interview with Hip Hollywood. "Then it turns out that I wanted to kiss him in the mouth or in the ear. It was chaotic." Overreactions aside, Sediuk regrets how things went down. "I do apologize for my behaviour," he says. "I think it was too much. Now I understand that it was too much."

Will Smith

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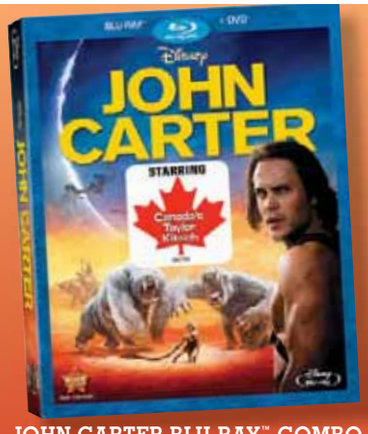

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3 LIFE

Pregnancy

Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

On the Web

States urged to do better in aiding grandparents, other relatives who fill child-raising void

Mommy shaming: From 'Tan Mom' to Time mag

Parenting. Is it ever OK to judge mothers in the spotlight?

LINDSAY CROSS
Mommyish.com

This recent Time cover has caused much examination of mommyhood.

The Olympics are coming this summer. If "Mommy Shaming" was up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an Internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere.

For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

The perfect example might be the story of "Tan Mom," a New Jersey woman who was arrested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snookie. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims her daughter got burnt playing out in the sun, and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" is a reminder that addiction can take many forms. And it might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh at the crazy lady?

Whatever the questionable parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it.

Some moms, like June Cleaver from Leave it to Beaver, were considered by some TV viewers the perfect mothers . H/O

Look at the controversial Time magazine cover. Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives.

The fact is, we all seem to feel pretty comfortable passing judgment on parents for big or small offences alike. So often, we see extreme stories like "Tan Mom" and we don't have a problem piling on the negativity.

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have. It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction.

The melt-in-your-mouth goodness of mushrooms

This recipe serves two. NEWS CANADA

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.

2. In cast iron skillet over medium heat, melt butter. Once bubbling, sprinkle in dried chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pepper. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.

3. Divide cheese mix over bottom halves of buns. Sprinkle reserved Parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.

4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.

5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich.

NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRADY OF SEVEN SPOONS BLOG

Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ⅛ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Burgers are a lunch favourite but you need to watch those toppings and side dishes because the usual suspects will cost you in calories, fat and sodium.

Montana's Canadiana Burger with Fries

1,480 calories/ 89 g fat/ 29 g saturated fat/ 3,150 mg sodium
This burger's fatty Peameal bacon, Colby cheese and mayo result in a day's worth of calories and fat.

Equivalent

Aside from the fat, calories and two days worth of sodium, the Canadiana Burger from Montana's is equal to 1 cup of salted butter in calories.

Montana's Sirloin Burger with Mashed Potatoes

880 calories/ 48 g fat/ 20.5 g saturated fat/ 1,580 mg sodium
This burger can be loaded with veggies. Mashed potatoes save you more than 300 calories.

Mushroom Burger. It's bursting with flavour

1. In a pan, sauté mushrooms and green onions in a drizzle of olive oil. Deglaze with white wine. Once the wine has evaporated, remove the vegetables from heat and let cool. Add salt to taste.

2. In a bowl, mix ground beef, cooked vegetables, mozzarellissima and a drizzle of olive oil. Season with salt and pepper to taste.

3. Shape the ground beef mixture into balls and flatten them to form hamburger patties.

4. Cut the radicchio in half and brush with olive oil. Sprinkle with salt and pepper to taste.

5. Cook the radicchio on the barbecue for 3 minutes on each side, and the hamburgers 5 minutes on each side, or according to your preference.

6. Finely mince the grilled radicchio to garnish your hamburgers once they are cooked.

NEWS CANADA/SAPUTO

Ingredients

4-6 servings
Start to finish: 35 minutes

- 7 oz (200 g) white mushrooms, thinly sliced
- 7 green onions, finely chopped
- olive oil, to taste
- 2 tbsp (30 ml) white wine
- salt and freshly ground pepper, to taste
- 2 lbs (1 kg) ground beef
- 8 oz (250 g) Saputo Mozzarellissima cheese, cut in small cubes
- 1 head radicchio
- 4 to 6 hamburger buns

Mushrooms deserve spotlight in this soba-noodle salad

This recipe makes two entrée-sized servings. NEWS CANADA

This salad showcases the many flavours of the dressing with a great texture because of the soft noodles and crunchy vegetables. The addition of the mushrooms makes for an even more inspiring plethora of flavours and there really is a party in your mouth.

1. In a medium sized saucepan, fill with water to within two inches of the top. Add salt to taste (about 2 tsp for a 4-6 cup pot). Set to a boil.

2. Add soba noodles when water boils and cook for 6-8 minutes or until tender (al dente doesn't work too well in this recipe).

3. Drain the noodles and run them under cold water for a minute. Set aside to drain.

4. Meanwhile, in a small skillet, heat the oil. Add the mushrooms and sauté for about 8 minutes or until slightly golden and soft. Remove from heat and set aside.

5. In a large bowl, combine the cabbage, carrots, onions and avocado. Set aside.

6. Dressing: Mix the garlic, ginger, oil, Tamari, Mirin, Ponzu, fish sauce and lemon juice in a small bowl. Add the jalapeno and cilantro and stir. Set aside.

7. To assemble: In the bowl full of vegetables, add the cooked mushrooms and the noodles. Pour the dressing over and toss to coat. Serve on plates with a sprinkle of sesame seeds as garnish.

NEWS CANADA/ ELIZABETH NYLAND OF GUILTYKITCHEN.COM/ MUSHROOMS.CA

Ingredients

- 4 oz buckwheat soba noodles
- 1 tsp oil
- 6 large white or brown mushrooms, sliced
- 1/4 of a large red cabbage (about 1/4 lb), shredded
- 3 small carrots, grated
- 4 green onions, chopped
- 1 large avocado, cubed

Dressing:

- 1 clove garlic, minced
- 1 inch of fresh ginger, finely minced
- 2 tbsp toasted sesame oil
- 2 tbsp Tamari or other soy sauce (low sodium)
- 1 tbsp Mirin
- 1 tbsp Ponzu
- 1 tsp fish sauce
- juice of 1 lemon
- 1 jalapeno, finely minced
- 1/4 cup minced cilantro
- black or white sesame seeds, for garnish

Paint your way to cleaner air

Damage control. Can a new kind of paint 'react to pollutants and neutralize them'? Metro investigates

BEN KNIGHT
life@metronews.ca

Most efforts to combat air pollution focus on keeping pollutants from hitting the air in the first place.

Ultimately, that simply isn't possible — especially in the world's biggest, most polluted cities.

But now an innovative company in the Philippines has found a way to remove dangerous nitrogen oxides (NOx) from the air in traffic-snarled Manila.

… Using paint.

"We're trying to turn something that is harmful to human health and the environment into something that is essentially harmless," says Johnson Ongking, vice-president of Boysen Paints.

The product — called Boysen KNOxOUT — is an exciting new use for titanium dioxide, a chemical commonly used to make paint white.

"When you make it into a really small size, you amplify its ability to react to pollutants and neutralize them," Ongking explains.

"It also gives the paint self-cleaning properties. It's really powerful stuff."

Basically, the paint reacts with light and the water vapour in the air, snagging NOx and converting it into calcium nitrate, a far less dangerous compound.

"Calcium nitrate is used as a fertilizer," he adds. "So, in essence, what you've done is locked up a harmful gas into a solid particle, that can just be washed off the wall."

The paint causes the reaction, but isn't actually consumed by it. This means the titanium dioxide catalyst never gets saturated.

"As long as the paint's on the wall and you've got a source of light, the process just keeps going on. It's really the water vapour molecules doing the work."

Tests at high-pollution traffic junctions in Manila are showing a 20 per cent drop in NOx levels.

Breathing easier

The paint's potential:

- **20%.** The reduction in nitrogen oxide recorded in high-traffic sections of Manila during trails of Boysen KNOxOUT anti-pollution paint.

The company is now commissioning eight gigantic roadside murals to be painted with KNOxOUT — each a thousand square meters.

"One of the things people do when they want to help the environment is to go plant a tree," Ongking says. "One square meter of our paints cleans as much NOx as a mature tree. One artwork of a thousand-square metres is really like planting a thousand trees."

Early results are so encouraging, the paint is now being studied by cities around the world.

"There's been really strong interest," he concludes. "Air pollution is a problem globally."

For more information on Boysen KNOxOUT visit boysen.com.

Take that, pollutants: Boysen KNOxOUT paint can help remove dangerous nitrogen oxides from the air. ISTOCK IMAGES

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Return of the sewing thread: A very creative comeback

Rich in the stitch.
The simple act of sewing is teaching young learners about independence, artistry and sustainability

There's a pretty floral dress Holly Rueter can't wait to wear this summer. The A-line frock is one of many in her closet but it's extra special because the 15-year-old made it herself. From picking the fabric to stitching the frills, Rueter is among a growing number of young Canadians who are threading needles and cutting patterns as sewing comes back into style.

"I love designing clothing, so being able to make something that I envision is really great, said Rueter, whose close friends have now started sewing as well.

"A lot of people at school think it's really cool that I sew ... It's made me more patient, more creative."

Sew Be It Studio owners Lindsey Wise, left, and Dilys Tong at the Toronto studio where they offer sewing classes for youth.
SEW BE IT STUDIO/ THE CANADIAN PRESS

Rueter first got familiar with the activity two years ago at Sew Be It Studio, a Toronto operation which runs a summer camp and year-round classes geared specifically toward young sewers.

With its relaxed atmosphere and fresh approach to youth fashion, the company has given the activity an image far different than the brand of sewing associated with grandmas and great aunts.

"We made it cool again, we gave it edge, we gave it fun. They love being here, they love learning," said studio co-owner Lindsey Wise. "There's a huge trend right now toward people learning to sew."

Angela Kelly, who runs the Little Button Sewing Studio in Edmonton sees the same enthusiasm in her young students.

"Their favourite thing is when they wear it or use it, they get a lot of comments from it," she said. "It's also something they can do all by themselves."

Kelly has seen youth demand for her sewing classes grow in just the past year. The summer camps her studio offers have filled up fast and her student base has doubled.

In addition to getting their creative juices flowing, sewing also helps students gain a degree of independence, said Heidi de Mesa, who runs the Spools and Bobbins sewing school near Halifax.

"I'm not controlling what they're doing. They're very independent and responsible for what they're making," she said.

Students in her classes learn how to buy their own material, figure out how to calculate measurements for their designs and even practice ironing their final creations, all while enjoying the social interaction that comes with learning the activity in a group setting.

There's also a sustainability aspect to the whole activity as sewing encourages the recycling of garments.

"It may seem simple, but these are life skills," said de Mesa. "Everyone works at their own pace. There's no competition, there's no rushing and it needs to be an enjoyable thing...I think it's having a comeback."

THE CANADIAN PRESS

Get real

TV fuels creative talent

- Part of the interest in sewing is driven by the popularity of designer-based reality television shows like Project Runway, said Angela Kelly, where contestants have to conceptualize and create their own garments — an activity her own students can eventually try their hands at.
- "TV has totally pushed for sewing and designing," she said. "I have a lot of students that are applying for fashion schools."

That's sew awesome!

"A lot of people at school think it's really cool that I sew ... It's made me more patient, more creative."
Holly Rueter
Student at Sew Be It Studio

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She's making a list, and marking it 'life'

It's never too late for a turnaround. Leslie Traill is helping those around her reach their full potential

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to reinventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment."

Leslie Traill

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coaching.

"I empower women aged 45 and beyond to live vital, youthful, healthy and focused lives. Change your mind, change your body, change your life!"

Visit Leslie Traill's website at sexyoversixty.com.

Game plan

A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.

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HEALTH-CARE CAREERS
Monday, May 28, 2012

Explore the many rewarding careers available in the health-care field. THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

Your career checkup

Trends. Chronic diseases and elder care will impact health-care field in the coming years

YLVA VAN BUUREN
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes, heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa.

"Today, we manage the disease," says Shamian, "but we're not managing the lifestyle factors that increase the risk of chronic diseases, nor the prevention."

Doctors, nurses and physical therapists are key, but patients (young and old) need "preventive" counselling, too — how management and healthy lifestyle habits may prevent conditions from worsening (or developing in the first place).

GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly.

Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

INTEGRATED CARE

"As people age, they have more than one illness, and often more than one illness active at a time," says Rockwood. Integrated care will become more important with collaboration between the different health professionals.

HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also because people are increasingly discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

Along with traditional health services such as nursing, physiotherapy and mental health support there may also be supportive roles in helping co-ordinate and deliver the range of services needed.

TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.

SUPPORT SERVICES

Manpower forecasts an increase in non-clinical jobs in health care such as medical clerks and assistants, bilingual service reps, health and safety co-ordinators, and clinical data managers.

"These jobs are not age discriminate," says Michelle Dunnill, Toronto branch manager, Manpower, "and often great for people changing careers."

There is also a need for senior support services such as snow shovelling, home maintenance and transportation.

Become part of the NP team

A nurse practitioner just might be the hottest career in health care. These nurses provide primary care that includes health promotion and illness prevention, too — skills that are needed in today's world.

But that's not all.

A nurse practitioner is a registered nurse with additional education and experience, which allows for a broader role than that of a registered nurse. A nurse practitioner can diagnose patients, prescribe most medications and order diagnostics tests such as X-rays and ultrasounds as well as lab work and blood work.

"The nursing perspective and blend that the nurse practitioner can bring is a perfect opportunity to provide improved care, and it also improves access for patients," says Claudio Mariano, president of Nurse Practitioners' Association of Ontario.

"We are responsible for providing clinical care to patients and managing chronic disease like diabetes and high blood pressure and just for providing routine wellness care and health screening in the context of physical examinations and general wellness care and health promotion."

The nurse practitioner is always part of a team, employed in community clinics, health-care centres, doctors' offices, nursing homes and emergency departments of hospitals.

"Nurse practitioners have played a valuable and essential role in the system for many decades," says Judith Shamian, president, Canadian Nurses Association.

"Given the stress the health-care system is currently under, now is the time to realize just how much more value nurse practitioners can bring to Canadians' health care."

Perfect opportunity

"The nursing perspective and blend that the nurse practitioner can bring is a perfect opportunity to provide improved care, and it also improves access for patients."

Claudio Mariano, president of Nurse Practitioners' Association of Ontario

WANT TO BE A NURSE PRACTIONER?

"I think this role is great for those RNs who feel there are too many restrictions in their role," says Mariano.

"You realize that you could do so much more."

Mariano has been an NP for almost 13 years. She chose the career because it presented many more opportunities, not just to use skills as an RN but also to improve care for patients.

To apply to a nurse practitioner program, you have to be a registered nurse with a four-year undergraduate degree in nursing and a minimum of two years experience as an RN.

There are four NP specialties recognized by the College of Nurses: Primary care (where the majority NPs practice); adult stream (in hospital settings or specialty clinics); paediatric stream (hospital based); and anaesthesia stream.

For more information, contact the college of nurses or the nurse practitioners' association in your province or territory.

YLVA VAN BUUREN

Broad spectrum of senior care

KELLY PUTTER
For Metro

If a career in health care sounds appealing, you might want to consider working with the country's growing elderly population.

Expect plenty of jobs as population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years.

"There's no question that services for the aging population will be increasing in demand," says Pat Irwin, president of ElderCareCanada, a firm that consults on services for seniors. "But if you're seeking a career in this area you have to genuinely care for seniors."

Health-care careers for seniors cover a broad spectrum. Some call for minimal formal training, while others require years of post-secondary education. Places of employment include nursing homes, retirement communities, seniors' community centres, public health clinics, hospitals and home care.

Let's consider some careers in elder health care:

• A personal support worker, formerly known as a nurse's aide, assists with bathing, dressing and ensuring medications are taken. The PSW requires six to nine months of training in an accredited facility such as a community college.

• A registered practical nurse (RPN) or licensed practical nurse (LPN) or registered nursing assistant (RNA) do routine medical assessments, such as taking blood pressure and temperature under the direction of a qualified medical practitioner or RN.

• A registered nurse (RN) and nurse practitioners graduate from a formal program of nursing education. They provide more extensive health care and may dispense medication.

• Occupational therapists assist elderly patients who may have trouble getting around after a broken hip or a stroke. These professionals are typically educated at a master's degree level.

• A physiotherapist provides physical rehabilitation and pain relief. They assess a patient's physical abilities and needs and develop an individualized treatment plan including therapeutic exercise, manipulations, massage and education. A master's degree is required to practise this profession.

• Speech language pathologists have expertise in assessment and intervention of typical disorders of communication and swallowing. A master's degree or equivalent is the minimum requirement.

• A dietician is a health-care professional who focuses on proper food and nutrition in order to promote good health for seniors. A bachelor's degree plus an internship is the minimum requirement.

• Geriatric social workers help the elderly deal with their relationships and solve personal and family problems. They try to improve the quality of life for seniors and help alleviate some of the negative aspects of aging. Generally, a master's of social work degree is required.

Expect plenty of jobs in senior health care since population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. GEORGE DOYLE/STOCKBYTE/THINKSTOCK

Specialize. X-rays and ultrasounds are critical

JON TATTRIE
For Metro

One was a revolutionary discovery that won the Nobel Prize while the other is a technology born of the Titanic disaster, and both X-rays and ultrasounds are a critical part of Canada's health-care system.

The two fields are related and some technicians are trained to operate both, but most specialize as either a radiological technologist or an ultrasound technician. X-rays primarily deal with people who have been injured, while ultrasounds are largely used to monitor pregnancies.

Julie McHugh is a radiological technologist for Capital Health in Halifax. She mostly works in the operating room, but also covers the emergency room and walk-in clinics. She likes the work variety, but says the round-the-clock shift work can take a toll.

"It is rewarding, but it can be stressful at times because working in the emergency, we do have the trauma situations," she says.

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. They also educate patients about what is happening and ensure they receive the lowest possible amounts of radiation during the treatment. Most work in hospitals or private clinics.

X-ray technologists must complete a two- or three-year college or hospital program in diagnostic radiography, or have a bachelor of health sciences in the field, plus undergo a period of supervised training. Licensure with a regulatory body is required in all provinces. Certification by the Canadian Association of Medical Radiation Technologists is required in all provinces except Quebec.

Ultrasonography has its roots in the sinking of the Titanic, which compelled scientists to find better ways to detect underwater icebergs. An advanced version of that sonar technology is used today to monitor pregnancies, as well as to diagnose heart problems and brain disorders. Students must complete a three- to four-year university course in sonography and register with the relevant authorities.

Almost all ultrasound technicians work in hospitals, with a few employed by private clinics. Both radiological technologists and ultrasound technicians earn between $38,000 and $50,000.

McHugh says as well as having an aptitude for the technical work and a talent for problem solving, the job requires strong people skills to deal with other medical staff and patients.

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Adding a little joy during trying times

Everybody loves a clown. Therapeutic clowns help alleviate stress for those coping with illness

JON TATTRIE
For Metro

In a busy hospital for children, young patients may be overwhelmed by the doctors, nurses and technicians buzzing in and out of their room — which makes the unexpected appearance of a hospital clown all the more wondrous.

One of the most established programs in Canada is at the Hospital for Sick Children. Kathleen Le Roux worked as a therapeutic clown there for 10 years and is a founding member of the Canadian Association of Therapeutic Clowns.

"It was joyful, it was exciting, it was sad at times, it was moving, it was playful. It was many things," she says of her work at the hospital. "The goals and benefits of therapeutic clown work are to help alleviate stress and to improve the quality of life of those coping with illness. Therapeutic clowns focus on patients' abilities and strengths, always seeking to empower and give choice to the patient."

Sometimes therapeutic clowns work with groups, but more often it's one-on-one with a child.

"Therapeutic clowns are less 'performers' and more 'play partners.' I often think of myself as a human toy," Le Roux says. "It could be a raucous, highly physical interaction … or something more personal and intimate such as the clown and child making up songs together."

The clowns also work with the medical professionals to monitor a child's recovery, for example reporting how children with brain injuries improve in their eye-tracking of the clown's movements. Le Roux says watching kids recover is one of the best parts of the job. But, inevitably, some children die, and that's the hardest part.

Getting work as a hospital clown requires a strong background in clowning. You can study clowning as part of a theatre degree, at a workshop, or at professional schools in France. From there, therapeutic clowns take a six-month or year mentorship for hospital work, learning about illness and disability, infection control, confidentiality and other issues. Often, this is done as on-the-job training.

Le Roux cautions that therapeutic clowning is not a career for the faint of heart.

"It means examining the self, because the clown is really oneself in your full authenticity. It's one of the scariest things to do. You really have to accept yourself; all of your great strengths and weaknesses and vulnerabilities," she says. "Then you come to your personal clown, which no one else can do. It's a deep exploration into the self and into humanity in all its ugly and beautiful facets."

Therapeutic clowns Kathleen Le Roux, left, and Heather Annis try to brighten the day for those coping with illness in hospitals. CONTRIBUTED

Osteopathy. The magic touch

KELLY PUTTER
For Metro

Caryn Seniscal's all-consuming hunger for knowledge is what drove the Vancouver resident to a career in osteopathy.

A successful massage therapist since the late 1980s, Seniscal knew she was diving in deep by committing to a five-year osteopathic program that wouldn't see her graduate until her late 40s. Despite the trepidation and lack of support from some friends, she forged ahead.

"I had this epiphany that if I'm going to go in a new direction, I'm going to go for the whole enchilada," recalls Seniscal, now 55.

Today, she runs the Vancouver Osteopathy Centre. Her "love affair" with the profession stems from her work with clients, many of whom turn to her as their last hope for help.

"Often, people will try everything else and nobody can help them before coming to an osteopath," she says. "I'm sort of the last stop on the train and I feel a huge responsibility."

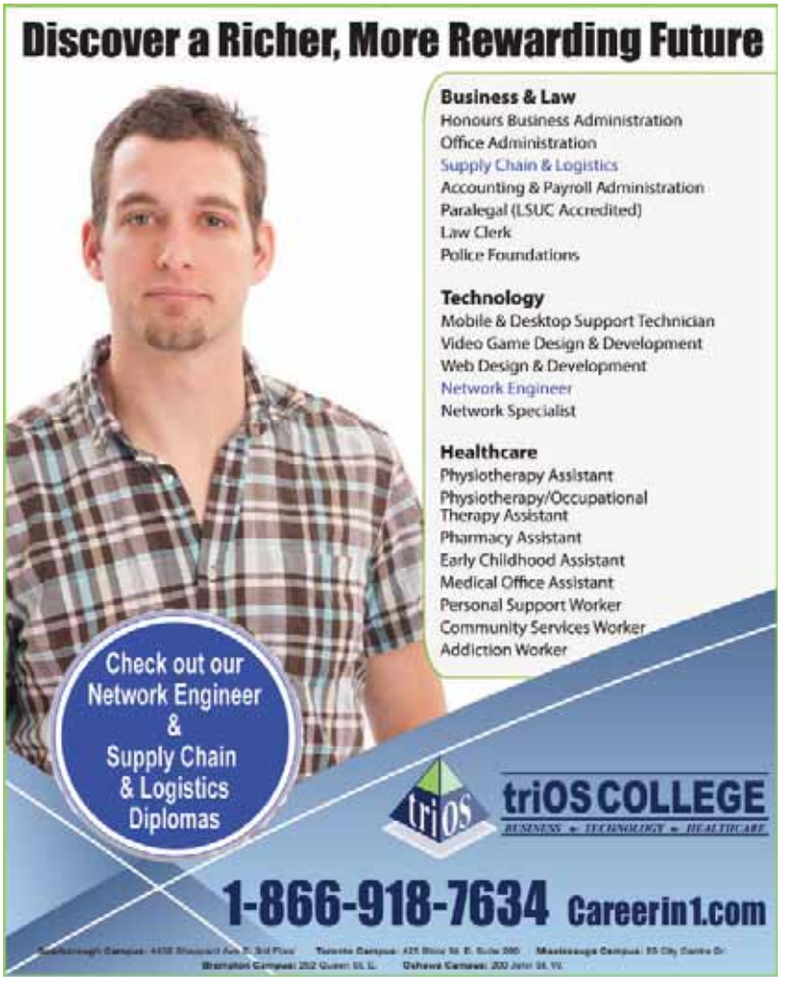
Osteopathy is a natural medicine that treats the patient holistically through gentle manual manipulation. Osteopaths develop a fine sense of touch that allows them to treat joints, soft tissue, organs and the nervous system and be aware of how all of these are connected in their quest to get to the source of the issue.

Osteopaths develop a fine sense of touch that allows them to treat joints, soft tissue, organs and the nervous system. ISTOCKPHOTO/THINKSTOCK

There are a number of private schools in Canada that teach osteopathy. Before enrolling in a course or program, students should find out what standards the school adheres to, advises Chantale Bertrand, an osteopath and president of the Canadian Federation of Osteopaths (CFO).

It's believed there are about 1,600 osteopathic practitioners in Canada. By comparison, the country has only a handful of osteopathic doctors, who received their education in the U.S. They are fully qualified to practise regular medicine in addition to osteopathy. These osteopathic physicians numbered about 200 in Ontario in the 1920s, but after the provincial government took away their ability to prescribe medication, their numbers dwindled.

The College of Osteopathic Studies offers a part-time course that takes five years to complete. Students must have a bachelor's degree in a health-related discipline such as kinesiology or physiotherapy. Students are required to write a thesis to obtain their diploma. The cost of the program is about $30,000.



4 SPORTS

UFC

"It's not bad for a nice guy, huh?... Frank Mir is a really good fighter, too. I came here to defend my belt, and I did it."

UFC heavyweight champion Junior Dos Santos, who picked apart two-time ex-champion Frank Mir with superior boxing throughout their title fight on Saturday in Las Vegas, eventually sending Mir stumbling onto his back before finishing him with one last blow to the head.

NHL playoffs

"It doesn't matter whether it's your first year or your fifth year. So you don't get picky when these opportunities come along. You enjoy every minute of it, as much as you can, because it's awful tough to get here."

New Jersey Devils head coach Peter DeBoer. The Devils advanced to the Stanley Cup final with 3-2 overtime win over the New York Rangers in Game 6 of the Eastern Conference final on Friday night in New Jersey.

On the web

Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.

Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia Sunday in Milan. FABIO FERRARI/THE ASSOCIATED PRESS

Hesjedal storms to victory in Italy

Giro d'Italia. 31-year-old is first Canadian to win one of cycling's three major tour races

Canada's Ryder Hesjedal didn't realize history was within his grasp until he was about five kilometres from the Giro d'Italia finish line.

Aware he had a chance to overcome Joaquin Rodriguez's 31-second overall lead in Sunday's final stage, Hesjedal broke out onto the streets of Milan determined to keep victory from slipping away.

Only near the end did he find out he would become the first Canadian to win one of cycling's three major tour races.

"Nothing anyone could have said to me could have changed how hard I rode," he said.

Hesjedal took 34 minutes 15 seconds to complete Sunday's 28.2-kilometre individual time trial in sixth — 20 places ahead of his Spanish rival. His 16-second margin of victory was the second closest in Giro history.

"It's just been an unreal experience from Day 1, what the team was able to do. It's unbelievable," said the Victoria native, who finished the race in 91 hours 39 minutes two seconds. "This is incredible. It's a dream come true."

Like the rest of the riders, Hesjedal had been through a demanding mountain ride to the top of the Stelvio Pass in northern Italy on Saturday.

"Yesterday was extremely hard," he said. "I got through it and I knew as I was on the helicopter descending into Milan that I still had a shot. This morning I just felt incredible on my bike and I knew I could do it."

Though he hadn't taken his victory chances seriously before the race, Hesjedal's thinking started to change after he first wore the overall leader's pink jersey in Stage 7.

"The day I pulled on the jersey for the first time, I knew I was good and could accomplish something great and that drove me harder."

Prime Minister Stephen Harper was among the Canadians celebrating.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement.

THE CANADIAN PRESS

Bright future

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and, he hopes, inspire the next generation of Canadian cyclists.

- "I think Canadian cycling is at the highest level it's ever been and I think this will just continue that movement," he said. METRO

Golf

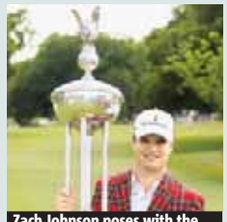
Johnson on top again at Colonial

Zach Johnson was so caught up in the emotion of another Colonial title and a victory in honour of his caddie's late father that he forgot to properly remark his ball before his final putt.

Even with a two-stroke penalty, Johnson won by one over Jason Dufner and got to slip on the plaid jacket Sunday for his first victory since also winning at Hogan's Alley two years ago.

"There's a number of adjectives I'm calling myself right now. And lucky would be the biggest one," Johnson said.

THE ASSOCIATED PRESS



Zach Johnson poses with the trophy Sunday in Fort Worth, Texas. GETTY IMAGES

NFL

Lions' Nick Fairley arrested on DUI charge

Detroit Lions defensive tackle Nick Fairley has been arrested in Alabama on charges of driving under the influence and attempting to elude police, his second arrest in his home state in two months.

Alabama state troopers say the 24-year-old was clocked Sunday morning at 100 miles per hour in his Cadillac Escalade in unincorporated Mobile County. THE ASSOCIATED PRESS

Horse racing. No formal workouts for I'll Have Another before Belmont

Trainer Doug O'Neill is taking an unconventional path to a Triple Crown bid by using a series of strong gallops rather than formal workouts to prepare Canadian-owned I'll Have Another for the Belmont Stakes on June 9.

"There will be a lot of days when I'll Have Another, strictly galloping, will pass a lot of workers," O'Neill said Sunday morning after taking a red-eye flight from his West Coast base and being reunited with his Kentucky Derby and Preakness winner.

The last three Triple Crown champions, Secretariat (1973), Seattle Slew (1977) and Affirmed (1978), all drilled at least one mile in preparation for the 1 1/2-mile "Test of the Champion." The Belmont is the longest of the Triple Crown races.

O'Neill's pre-race handling of the colt is likely to spark discussion and debate. Seattle Slew, for instance, was given three workouts to fortify him for the Belmont marathon. He went three furlongs in a sizzling 35 4/5 seconds the day before he beat Run Dusty Run by four lengths.

THE ASSOCIATED PRESS

Formula 1

Webber's win in Monaco leaves title race wide open

If Mark Webber's victory in the Monaco Grand Prix from pole position came as no surprise given the nature of the track, the Australian's triumph on Sunday still made Formula One history and left the championship even more open after six races of a thrilling season.

For the first time ever in the sport, a sixth different driver has won each of the six opening races.

THE ASSOCIATED PRESS

Auto racing. Franchitti pulls off Indy 500 hat trick

Dario Franchitti stamped his name in the record books, as a three-time winner of the Indianapolis 500.

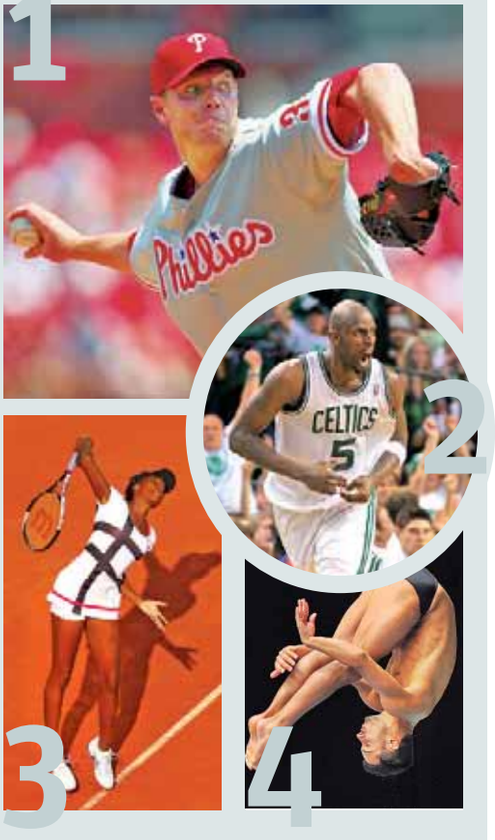
But this was not about Franchitti: It was all for Dan Wheldon.

Franchitti won a wheel-to-wheel, last-lap battle Sunday, sailing away to the checkered flag when Takuma Sato spun out trying to make one last pass on the inside and slammed into the wall. Franchitti's Chip Ganassi Racing teammate Scott Dixon crossed the finish line right behind the Scotsman.

Third went to Tony Kanaan, making it a podium sweep for Wheldon's three closest friends in the IndyCar series. Wheldon, the defending race winner, was killed in the October season finale, and the entire day was in honour of D-dub, their fallen friend. THE ASSOCIATED PRESS

Dario Franchitti celebrates in victory circle Sunday at Indianapolis Motor Speedway. THE ASSOCIATED PRESS

Sports in pictures



1 MLB. Halladay leaves with shoulder soreness in Phillies loss

Roy Halladay gave up a grand slam to Yadier Molina in an abbreviated two-inning start before leaving with shoulder soreness, and the St. Louis Cardinals avoided a four-game sweep with an 8-3 win over the Philadelphia Phillies on Sunday.

Halladay (4-5) departed with a 3.98 ERA after an outing that matched the second-shortest of his career. The team said the two-time Cy Young winner was taken out as a precautionary measure and that he'll be re-evaluated in the next few days.

THE ASSOCIATED PRESS

2 NBA. Heat-Celtics to meet again in Eastern Conference finals

In 2010, Boston ousted Dwyane Wade in the first round and LeBron James in the second round. A year later, Wade and James were teammates and turned the tables, sending the Celtics into the off-season.

Here comes the tiebreaker. The Celtics and Miami Heat will clash again after Boston's 85-75 win in Game 7 of the East semifinal on Saturday.

"Inevitable. It's the matchup the game of basketball wants," Wade said Sunday afternoon.

THE ASSOCIATED PRESS

3 Tennis. Venus advances in France

Venus Williams beat Paula Ormaechea 4-6, 6-1, 6-3 to advance to the second round of the French Open on Sunday. It was her first match at a major since revealing she had been diagnosed with the autoimmune disease Sjogren's syndrome.

THE ASSOCIATED PRESS

4 Diving. Imbeau-Dulac punches ticket to London Olympics

Francois Imbeau-Dulac won the men's three-metre final at the Canadian Olympic diving trials Sunday in Montreal.

Imbeau-Dulac beat out Olympic veteran Reuben Ross, finishing with a total score of 922.95 to claim Canada's second men's spot in the three-metre competition this summer in London. THE CANADIAN PRESS

Jays' tough trip to Texas ends in loss

MLB. Toronto doubled up by powerful Rangers in series finale to forget in Arlington

Jays catcher J.P. Arencibia talks with Kyle Drabek on Sunday in Arlington, Texas. Drabek gave up nine runs in three innings in Toronto's loss. COOPER NEILL/GETTY IMAGES

Jose Bautista was the go-to guy for answers Sunday in Arlington after the Toronto Blue Jays suffered their worst beatdown in a series this season.

"Everyone's entitled to their opinion, but I don't see this road trip as a measuring stick for how the rest of the season will go," Bautista said in the morose aftermath of a 12-6 loss administered by the Rangers before 46,637 at the Ballpark in Arlington.

"We have to go out and win (Monday), just like any other time."

Indeed, the Jays open an important home stand with three games against first-place Baltimore and three more against Boston. A repeat of their performance on this road trip, where they were swamped in three games with the Rangers, and went 1-5 overall, will likely plummet them into the cellar of the AL East.

That fate nearly played out Sunday. A Boston win over Tampa would have vaulted the Red Sox past the Jays and sent Toronto into last for the first time this season.

As it is, the BoSox are only a half game behind. The Jays, who gave up 34 runs, 44 hits, and 10 homers to the Arlington bashers, obviously need to be better.

"I don't think that has anything to do with how good or how bad we were in these three games, it's a result of how good they (Rangers) are hitting the ball, not how we're playing," Bautista said.

Sunday's game

Rangers	Blue Jays
12	6

Quoted

"We're earning our stripes and maybe in some ways we're earning them the hard way."

John Farrell, Blue Jays manager

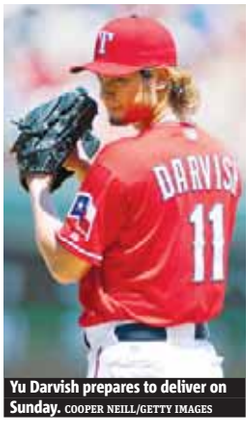
Before they regroup, the Jays need to assess their roster to determine who is healthy enough to begin the much-needed turnaround.

Yunel Escobar left Sunday's game after five innings with tightness in his groin muscles. Escobar, who felt a tweak going first to third early in the game, is listed as day-to-day.

Kelly Johnson missed his second straight game with hamstring problems. Those problems stem to the attachment area behind his knee. Johnson received a cortisone shot Friday and while he's been assured the inflammation won't worsen, there's no indication yet if the medication will take affect and allow him to play Monday.

TORSTAR NEWS SERVICE

Darvish downplays back problem


Yu Darvish prepares to deliver on Sunday. COOPER NEILL/GETTY IMAGES

Yu Darvish had to deal with an upset stomach and a sore lower back. At least he didn't have the misfortune of facing the bruising Texas lineup.

Adrian Beltre homered during a seven-run second inning, Darvish posted his seventh victory and the Rangers defeated the Toronto Blue Jays 12-6 on Sunday for a three-game sweep.

"I did tell the coaches that I wasn't feeling good," Darvish said through a translator. "I could have gone six or seven innings. In the end, the manager made the decision to stop me."

Darvish (7-2) breezed through the first two innings, but gave up single runs in each of the next three innings and was pulled. He threw 93 pitches on a 32 C day, allowing seven hits and walking three to win his 100th combined game in Japan and the United States.

THE ASSOCIATED PRESS

Quoted

"I'm not looking at it as an injury. I feel comfortable saying that I should be able to treat this and be ready for my next start."

Yu Darvish, on his sore back.

Gomes sent back to Vegas

The Jays recalled right-hander Chad Beck and selected the contract of right-hander Jesse Chavez from triple-A before Sunday's game.

- To make room, the Jays optioned infielder Yan Gomes to Las Vegas and right-hander Ryota Igarashi for assignment.
- Gomes hit .227 with two homers and five RBIs in eight games. Ryota Igarashi, called up from triple-A Friday, pitched one inning and allowed four runs in two appearances against the Rangers.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	29	19	.604	—
Tampa Bay	29	19	.604	—
New York	26	21	.553	2½
Toronto	24	24	.500	5
Boston	23	24	.489	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	26	21	.553	—
Chicago	26	22	.542	½
Detroit	23	24	.489	3
Kansas City	19	27	.413	6½
Minnesota	15	32	.319	11

WEST DIVISION

	W	L	Pct	GB
Texas	30	18	.625	—
Los Angeles	24	25	.490	6½
Oakland	22	26	.458	8
Seattle	21	29	.420	10

Yesterday's results
Texas 12 Toronto 6
Chicago White Sox 12 Cleveland 6
Detroit 4 Minnesota 3
Kansas City 4 Baltimore 2
L.A. Angels 4 Seattle 2
N.Y. Yankees 2 Oakland 0
Tampa Bay 4 Boston 3
Saturday's results
Texas 8 Toronto 7 (13 innings)
Boston 3 Tampa Bay 2
Chicago White Sox 14 Cleveland 7
Detroit 6 Minnesota 3
Kansas City 4 Baltimore 3
L.A. Angels 5 Seattle 3
N.Y. Yankees 9 Oakland 2
Today's games — All Times Eastern
Detroit (Fister 0-2) at Boston (Doubront 4-2), 1:35 p.m.
Oakland (Blackley 0-0) at Minnesota (Diamond 3-1), 2:10 p.m.
Chicago White Sox (Sale 5-2) at Tampa Bay (M.Moore 1-4), 3:10 p.m.
Kansas City (Adcock 0-2) at Cleveland (Tomlin 1-2), 4:05 p.m.
Baltimore (Tom.Hunter 2-2) at Toronto (Hutchison 3-2), 7:07 p.m.
Seattle (Millwood 3-4) at Texas (M.Harrison 5-3), 8:05 p.m.
N.Y. Yankees (P.Hughes 4-5) at L.A. Angels (Weaver 6-1), 9:05 p.m.

RANGERS 12, BLUE JAYS 6

Toronto	ab	r	h	bi	Texas	ab	r	h	bi
YEscor ss	2	1	1	0	Kinsler dh	5	2	2	4
RDavis rf	2	0	0	0	Andrus ss	5	1	2	2
Rasms cf	5	2	3	2	Hamltn cf	4	0	0	0
Bautist rf-3b	4	0	0	1	Gentry ph-cf	1	0	0	0
Encrnc dh	5	0	2	1	Beltre 3b	4	1	1	2
Thams lf	4	0	0	0	MYong 2b	4	1	3	0
Arencii c	4	2	2	2	DvMrp lf	3	2	1	0
Lawrie 3b-ss	3	0	1	0	N.Cruz rf	4	1	1	1
Cooper 1b	4	0	0	0	Napoli c	3	3	2	2
Vizquel 2b	3	1	1	0	Morlnd 1b	3	1	0	1
Totals	**36**	**6**	**10**	**6**	**Totals**	**36**	**12**	**12**	**12**

Toronto	001	110	012 — 6
Texas	072	000	30x — 12

DP—Texas 1. LOB—Toronto 7, Texas 3. 2B—Rasmus (9), Lawrie (5), Kinsler (15), Andrus (11), M.Young (10), N.Cruz (12). HR—Rasmus (5), Arencibia 2 (9), Kinsler (6), Beltre (10), Napoli (8). SB—Lawrie (7).

Toronto	IP	H	R	ER	BB	SO
Drabek L,4-5	3	8	9	9	3	1
J.Chavez	5	4	3	3	0	7
Texas						
Darvish W,7-2	5	7	3	3	3	3
M.Lowe	2	1	0	0	0	1
Ogando	2-3	1	1	1	0	0
Tateyama	1 1-3	1	2	2	1	1

WP—Darvish.
T—2:48. A—46,637 (48,194) at Arlington, Texas.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	28	18	.609	—
New York	27	21	.563	2
Atlanta	26	22	.542	3
Miami	26	22	.542	3
Philadelphia	25	24	.510	4½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	27	20	.574	—
St. Louis	26	22	.542	1½
Pittsburgh	23	24	.489	4
Houston	22	25	.468	5
Milwaukee	19	28	.404	8
Chicago	15	32	.319	12

WEST DIVISION

	W	L	Pct	GB
Los Angeles	32	15	.681	—
San Francisco	25	23	.521	7½
Arizona	22	26	.458	10½
Colorado	17	29	.370	14½
San Diego	17	32	.347	16

Yesterday's results
Arizona 4 Milwaukee 3
Cincinnati 7 Colorado 5
L.A. Dodgers 5 Houston 1
N.Y. Mets 2 San Diego 0
Pittsburgh 10 Chicago Cubs 4
San Francisco 3 Miami 2
St. Louis 8 Philadelphia 3
Washington at Atlanta
Saturday's results
Arizona 8 Milwaukee 5
Cincinnati 10 Colorado 3
L.A. Dodgers 6 Houston 3
Miami 5 San Francisco 3
N.Y. Mets 9 San Diego 0
Philadelphia 4 St. Louis 0
Pittsburgh 3 Chicago Cubs 2
Washington 8 Atlanta 4
Today's games — All Times Eastern
Philadelphia (Hamels 7-1) at N.Y. Mets (Niese 3-2), 1:10 p.m.
St. Louis (Lynn 7-1) at Atlanta (Hanson 5-3), 1:10 p.m.
Washington (Zimmermann 3-4) at Miami (Zambrano 2-3), 1:10 p.m.
Cincinnati (Arroyo 2-2) at Pittsburgh (Ja.McDonald 3-2), 1:35 p.m.
San Diego (Suppan 2-3) at Chicago Cubs (T.Wood 0-1), 2:20 p.m.
Houston (W.Rodriguez 4-4) at Colorado (Nicasio 2-2), 3:10 p.m.(1st game)
Arizona (Cahill 2-4) at San Francisco (Zito 3-2), 5:05 p.m.
Houston (Undecided) at Colorado (White 1-3), 8:10 p.m. (2nd game)
Milwaukee (Marcum 2-3) at L.A. Dodgers (Harang 3-2), 8:10 p.m.

HOCKEY

MEMORIAL CUP

CANADIAN MAJOR JUNIOR CHAMPIONSHIP

At Shawinigan, Que.
Last night's result
CHAMPIONSHIP
London vs. Shawinigan

RECENT CHAMPIONS

2012 — London Knights or Shawinigan Cataractes
2011 — Saint John Sea Dogs
2010 — Windsor Spitfires
2009 — Windsor Spitfires
2008 — Spokane Chiefs
2007 — Vancouver Giants
2006 — Quebec Remparts
2005 — London Knights
2004 — Kelowna Rockets

NHL PLAYOFFS

STANLEY CUP FINAL

(Best of 7)
Wednesday's game — All Times Eastern
Los Angeles at New Jersey, 8 p.m.
Saturday, June 2
Los Angeles at New Jersey, 8 p.m.
Monday, June 4
New Jersey at Los Angeles, 8 p.m.
Wednesday, June 6
New Jersey at Los Angeles, 8 p.m.
Saturday, June 9
x-Los Angeles at New Jersey, 8 p.m.
Monday, June 11
x-New Jersey at Los Angeles, 8 p.m.
Wednesday, June 13
x-Los Angeles at New Jersey, 8 p.m.
x — played only if necessary.

SCORING LEADERS

	G	A	PT
Kovalchuk, NJ	7	11	18
Giroux, Pha	8	9	17
D.Brown, LA	7	9	16
Kopitar, LA	6	9	15
B.Richards, NYR	6	9	15
Parise, NJ	7	7	14
Briere, Pha	8	5	13
Zajac, NJ	7	5	12
Girardi, NYR	3	9	12
Gaborik, NYR	5	6	11
M.Richards, LA	4	7	11
Henrique, NJ	3	8	11
Salvador, NJ	3	8	11
J.Williams, LA	2	9	11
Callahan, NYR	6	4	10
McDonald, StL	5	5	10
Vermette, Phx	5	5	10
Anisimov, NYR	3	7	10
Clarkson, NJ	3	7	10
Penner, LA	3	7	10
Del Zotto, NYR	2	8	10
Doughty, LA	2	8	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
Doan, Phx	5	4	9

CYCLING

GIRO D'ITALIA

At Milan, Italy
Yesterday's results
Final stage — 28.2 kilometre time trial
1. Marco Pinotti, Italy, BMC Racing, 33 minutes, six seconds; 2. Geraint Thomas, Britain, Sky Procycling, 39 seconds behind; 3. Jesse Sergent, New Zealand, RadioShack-Nissan, 0:53; 4. Alex Rasmussen, Denmark, Garmin-Barracuda, 1:00; 5. Thomas De Gendt, Belgium, Vacansoleil, 1:01; **6. Ryder Hesjedal, Victoria, Garmin-Barracuda, 1:09**; 7. Gustav Erik Larsson, Sweden, Vacansoleil, 1:14; 8. Maciej Bodnar, Poland, Liquigas, 1:15; **9. Svein Tuft, Langley, B.C., Orica-GreenEdge, 1:22**; 10. Julien Vermote, Belgium, Omega Pharma-Quickstep, 1:23.
Other Canadian — 150. Christian Meier, Sussex, N.B., Orica-GreenEdge, 5:24.
Overall Standings (final after 21 stages)
1. Ryder Hesjedal, Victoria, Garmin-Barracuda, 91 hours, 39 minutes, two seconds; 2. Joaquin Rodriguez, Spain, Katusha, 16 seconds behind; 3. Thomas De Gendt, Belgium, Vacansoleil, 1:39; 4. Michele Scarponi, Italy, Lampre, 2:05; 5. Ivan Basso, Italy, Liquigas, 3:44; 6. Damiano Cunego, Italy, Lampre, 4:40; 7. Rigoberto Uran Uran,Columbia, Sky Procycling, 5:57; 8. Domenico Pozzovivo, Italy, Colnago, 6:28; 9. Sergio Montoya, Colombia, Sky Procycling, 7:50; 10. Mikel Nieve, Spain, Euskaltel, 8:08.
Other Canadians — 135. Christian Meier, Sussex, N.B., Orica-GreenEdge, 4:23:03; 148. Svein Tuft, Langley, B.C., Orica-GreenEdge, 4:52:35.

AUTO RACING

INDY 500

At Indianapolis
Yesterday's results
(starting position in parentheses)
1. (16) Dario Franchitti, Honda, 200 laps; 2. (15) Scott Dixon, Honda, 200; 3. (8) Tony Kanaan, Chevrolet, 200; 4. (27) Oriol Servia, Chevrolet, 200; 5. (1) Ryan Briscoe, Chevrolet, 200; **6. (2) James Hinchcliffe, Oakville, Ont., Chevrolet, 200**; 7. (21) Justin Wilson, Honda, 200; 8. (14) Charlie Kimball, Honda, 200; 9. (20) Townsend Bell, Honda, 200; 10. (6) Helio Castroneves, Chevrolet, 200.
11. (10) Rubens Barrichello, Chevrolet, 200; **12. (11) Alex Tagliani, Lachenaie, Que., Honda, 200**; 13. (12) Graham Rahal, Honda, 200; 14. (18) J.R. Hildebrand, Chevrolet, 200; 15. (17) James Jakes, Honda, 200; 16. (23) Simon Pagenaud, Honda, 200; 17. (19) Takuma Sato, Honda, 199, contact; 18. (9) E.J. Viso, Chevrolet, 199; 19. (22) Michel Jourdain, Honda, 199; 20. (25) Sebastien Bourdais, Chevrolet, 199.
21. (28) Ed Carpenter, Chevrolet, 199; 22. (30) Katherine Legge, Chevrolet, 199; 23. (13) Ana Beatriz, Chevrolet, 190; 24. (4) Marco Andretti, Chevrolet, 187, contact; 25. (7) Josef Newgarden, Honda, 161, mechanical; 26. (24) Sebastian Saavedra, Chevrolet, 143, electrical; 27. (3) Ryan Hunter-Reay, Chevrolet, 123, suspension; 28. (5) Will Power, Chevrolet, 79, contact; 29. (29) Mike Conway, Honda, 78, contact; 30. (31) Bryan Clauson, Honda, 46, mechanical.
31. (26) Wade Cunningham, Honda, 42, electrical; 32. (32) Simona de Silvestro, Lotus, 10, 105 percent rule; 33. (33) Jean Alesi, Lotus, 9, 105 percent rule.
RACE STATISTICS
Time of Race: Two hours, 58 minutes, 51.2532 seconds.
Winner's Average Speed: 167.734 m.p.h.
Margin of Victory: Race finished under caution.
Cautions: Eight for 39 laps.
Lead Changes: 34 among 10 drivers.
Lap Leaders: Hinchcliffe, 1; Briscoe, 2-4; **Hinchcliffe, 5-6**; Briscoe, 7-15; **Hinchcliffe, 16-17;** Briscoe, 18-19; Andretti, 20-21; Briscoe, 22; Andretti, 23-44; **Tagliani, 45-46**; Dixon, 47; Kimball, 48-49; Andretti, 50-73; Dixon, 74-78; Kimball, 79; Andretti, 80-90; Dixon, 91-118; Sato, 119-123; Barrichello, 124-125; Sato, 126-146; Dixon, 147; Sato, 148-152; Franchitti, 153-159; Dixon, 160; Franchitti, 161-162; Dixon, 163-171; Franchitti, 172-173; Dixon, 174-176; Franchitti, 177; Dixon, 178; Franchitti, 179-186; Kanaan, 187-193; Franchitti, 194; Dixon, 195-198; Franchitti, 199-200.
IRL SERIES STANDINGS
1. Power, 200; 2. (tie), Castroneves and **Hinchcliffe**, 164; 4. Dixon, 153;, 5. Hunter-Reay, 143; 6. (tie), Franchitti and Pagenaud, 136; 8. Briscoe, 128; 9. Kanaan, 113; 10. Hildebrand, 103.

F1 MONACO GRAND PRIX

At Monaco
Yesterday's results
1. Mark Webber, Australia, Red Bull, 78 laps, one hour, 46 minutes, 6.557 seconds, 147.312 km/h; 2. Nico Rosberg, Germany, Mercedes, 78, 1:46:07.200; 3. Fernando Alonso, Spain, Ferrari, 78, 1:46:07.504; 4. Sebastian Vettel, Germany, Red Bull, 78, 1:46:07.900; 5. Lewis Hamilton, Britain, McLaren, 78, 1:46:10.658; 6. Felipe Massa, Brazil, Ferrari, 78, 1:46:12.752; 7. Paul di Resta, Britain, Force India, 78, 1:46:48.094; 8. Nico Hulkenberg, Germany, Force India, 78, 1:46:49.119; 9. Kimi Raikkonen, Finland, Lotus, 78, 1:46:50.593; 10. Bruno Senna, Brazil, Williams, 78, 1:46:51.073.

GOLF

PGA CROWNE PLAZA INVITATIONAL AT COLONIAL

At Fort Worth, Texas
Par 70 — Final Round

Zach Johnson, $1,152,000	64-67-65-72—268
Jason Dufner, $691,200	65-64-66-74—269
Tommy Gainey, $435,200	66-67-73-67—273
Jim Furyk, $307,200	69-69-68-68—274
Harris English, $216,960	65-70-73-67—275
Rickie Fowler, $216,960	68-68-70-69—275
John Huh, $216,960	70-66-69-70—275
Chris Kirk, $216,960	71-69-70-65—275
Ryan Palmer, $216,960	68-67-70-70—275
Jonas Blixt, $160,000	73-67-66-71—277
Jonathan Byrd, $160,000	72-68-67-70—277
Ben Crane, $160,000	70-71-68-68—277
Sergio Garcia, $113,067	66-73-71-68—278
Kevin Na, $113,067	70-71-71-66—278
Kyle Reifers, $113,067	65-72-72-69—278
Chris Stroud, $113,067	69-73-67-69—278
David Hearn, $113,067	**71-72-65-70—278**
Charley Hoffman, $113,067	69-70-69-70—278
Tim Clark, $72,229	70-69-71-69—279
Roberto Castro, $72,229	67-74-68-70—279
Tom Gillis, $72,229	65-69-69-76—279
Trevor Immelman, $72,229	70-71-69-69—279
Geoff Ogilvy, $72,229	70-70-70-69—279
Louis Oosthuizen, $72,229	71-67-68-73—279
Bo Van Pelt, $72,229	69-64-71-75—279
Ken Duke, $47,360	68-75-66-71—280
Martin Flores, $47,360	68-73-70-69—280
Matt Kuchar, $47,360	72-69-67-72—280
Ryan Moore, $47,360	67-69-70-74—280
Carl Pettersson, $47,360	70-69-71-70—280
Bryce Molder, $37,120	72-64-75-70—281
Seung-Yul Noh, $37,120	70-69-72-70—281
Greg Owen, $37,120	69-68-71-73—281
Corey Pavin, $37,120	71-70-67-73—281
Boo Weekley, $37,120	72-71-68-70—281
Y.E. Yang, $37,120	73-69-66-73—281
Sung Kang, $29,440	70-69-69-74—282
J.J. Killeen, $29,440	72-70-69-71—282
Hunter Mahan, $29,440	69-71-68-74—282
John Senden, $29,440	69-71-72-70—282
Chad Campbell, $23,040	71-71-69-72—283
Kevin Chappell, $23,040	70-67-70-76—283
John Daly, $23,040	70-69-70-74—283
Brendon de Jonge, $23,040	67-74-68-74—283
Brandt Jobe, $23,040	67-75-70-71—283
Charlie Wi, $23,040	68-69-75-71—283
Blake Adams, $16,240	69-72-70-73—284
Greg Chalmers, $16,240	70-69-72-73—284
Will Claxton, $16,240	72-69-71-72—284
Chris DiMarco, $16,240	66-74-73-71—284
John Mallinger, $16,240	71-72-70-71—284
Rory Sabbatini, $16,240	71-71-71-71—284
Vijay Singh, $16,240	70-69-70-75—284
Michael Thompson, $16,240	69-71-71-73—284

SENIOR PGA CHAMPIONSHIP

At Benton Harbor, Mich.
Par 71 — Final Round

Roger Chapman, $378,000	68-67-64-72—271
John Cook, $227,000	69-66-69-69—273
Hale Irwin, $143,000	71-66-69-68—274
Peter Senior, $74,400	74-67-71-63—275
Sandy Lyle, $74,400	74-71-66-64—275
Joe Daley, $74,400	73-72-66-64—275
Bernhard Langer, $74,400	73-68-69-65—275
David Frost, $74,400	70-70-68-67—275
Kenny Perry, $55,000	75-70-69-62—276
Steve Pate, $51,000	70-69-67-71—277
Michael Allen, $47,000	77-64-68-69—278
Rod Spittle, $4,562	**75-72-70-74—291**

EUROPEAN PGA BMW CHAMPIONSHIP

At Virginia Water, England
Par 72 — Final Round

Luke Donald	68-68-69-68—273
Justin Rose	67-71-69-70—277
Paul Lawrie	69-71-71-66—277
Peter Lawrie	66-71-72-71—280
Branden Grace	69-69-73-70—281
Richard Sterne	71-68-72-71—282
Ernie Els	68-73-70-72—283
Francesco Molinari	68-70-74-71—283

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	15	8	4	3	28	19	27
New York	13	8	3	3	26	18	26
Kansas City	12	8	3	1	17	10	25
Chicago	12	5	4	3	15	15	18
Columbus	12	5	4	3	13	13	18
Houston	11	4	3	4	12	12	16
New England	12	4	7	1	16	18	13
Montreal	13	3	7	3	15	21	12
Philadelphia	11	2	7	2	8	14	8
Toronto	10	1	9	0	8	21	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	14	9	3	2	22	14	29
San Jose	14	8	3	3	27	17	27
Seattle	13	7	3	3	16	9	24
Vancouver	12	5	3	4	13	14	19
Colorado	13	6	6	1	20	18	19
Chivas USA	13	4	6	3	9	14	15
Portland	12	3	5	4	12	15	13
Dallas	15	3	8	4	15	24	13
Los Angeles	13	3	8	2	15	21	11

Yesterday's result
Kansas City 2 San Jose 1
Saturday's results
Toronto 1 Philadelphia 0
Vancouver 1 Portland 1
Colorado 3 Montreal 2
Houston 2 Los Angeles 1
Columbus 2 Chicago 1
D.C. United 3 New England 2
Real Salt Lake 3 Dallas 2
Seattle 1 Chivas USA 1
Saturday, June 2
Chicago at New England, 7:30 p.m.

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best of 7)
All Times Eastern

EASTERN CONFERENCE

BOSTON (4) VS. PHILADELPHIA (8)
(Boston wins series 4-3)
Saturday's result
Boston 85 Philadelphia 75

CONFERENCE FINALS

(Best of 7)

WESTERN CONFERENCE

SAN ANTONIO (1) V. OKLAHOMA CITY (2)
Last night's result
Oklahoma City at San Antonio
Tomorrow's game
Oklahoma City at San Antonio, 9 p.m.
Thursday's game
San Antonio at Oklahoma City, 9 p.m.
Saturday, June 2
San Antonio at Oklahoma City, 8:30 p.m.
Monday, June 4
x-Oklahoma City at San Antonio, 9 p.m.

EASTERN CONFERENCE

MIAMI (2) VS. BOSTON (4)
Tonight's game
Boston at Miami, 8:30 p.m.
Wednesday's game
Boston at Miami, 8:30 p.m.
Friday's game
Miami at Boston, 8:30 p.m.
Sunday, June 3
Miami at Boston, 8:30 p.m.
Tuesday, June 5
x-Boston at Miami, 8:30 p.m.
x — played only if necessary

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- Stop Interest Right Away
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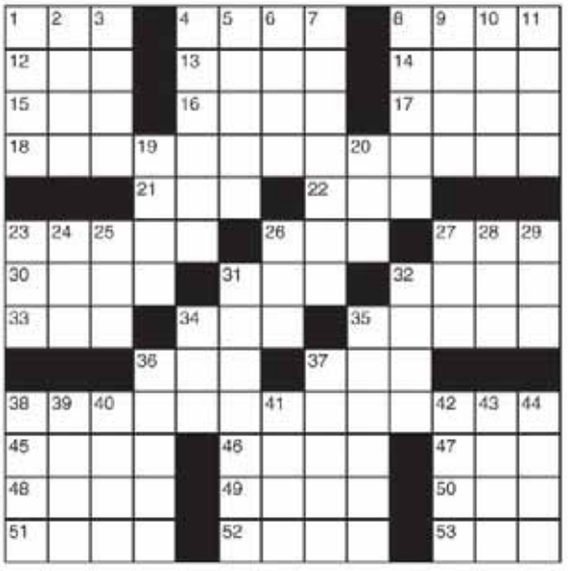
Crossword

Across
1 Throttle
4 Urban fleet
8 Fellow
12 Carte lead-in
13 Make eyes at
14 Late-night talker
15 Scale member
16 Disposition
17 Table scraps
18 1978 Warren Beatty movie
21 Nevada city
22 Heavy weight
23 Mawkishly old-fashioned
26 A handful
27 Dracula, at times
30 Saharan
31 Massachusetts cape
32 Dog sledder's "giddyap"
33 Cribbage scorer
34 Carton
35 Emptily talkative
36 Get dressed in
37 Writer Fleming
38 1980 Chevy Chase movie
45 Peregrinate
46 Sandwich treat
47 Sapporo sash
48 Unaccompanied
49 Kennel cries
50 Supporting
51 Tournament format
52 Meyers of SNL
53 Nourished

Down
1 Long cut
2 Shaving-cream additive
3 Festive
4 Beautiful
5 Great pain
6 United nations
7 Tranquilized
8 Circus performer
9 Zeus' sister
10 Con
11 Mail
19 Hawk
20 Promptly
23 Upper limit
24 Raw rock
25 Predetermine the outcome
26 "The Simpsons" network
27 Clear the tables
28 Donkey
29 Biblical possessive
31 Protective escorts
32 Opposite of 26-Across
34 Downy accessory
35 Winter boot
36 Minion of Satan
37 Clumsy / 38 Roughly
39 Basketball goal
40 Gilligan's Island cast member
41 Pennsylvania port
42 Opposite of 36-Across
43 Reed instrument
44 Encircle



Sudoku

3						6	4	
	4	6			5			
		7			1	9		
8				6			1	
	5	3				2	8	
	7			2				3
		4	1			3		
			7			4	5	
	9	2						6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YIHKZ CQY KG MCGGUI GDI OSIWISSIY YQZ GW KCI AIIR, AGJEY HK OHMR UQKZS-YQZ?

Yesterday's Cryptoquip: IF YOU'RE CHEERING FOR A MAN WHO'S PLAYING TUG OF WAR, COULD YOU SAY THAT'S PULLING FOR HIM?

Today's Cryptoquip Clue: G equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 32°/18° Partly cloudy
Tuesday 27°/13° Thundershowers 60%
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Horoscope

Aries | March 21 - April 20. Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

Taurus | April 21 - May 21. Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

Gemini | May 22 - June 20. The stars suggest that something special is on the way.

Cancer | June 21 - July 22. Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

Leo | July 23 - Aug. 22. Your path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

Virgo | Aug. 23 - Sept. 22. It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

Libra | Sept. 23 - Oct. 22. Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

Scorpio | Oct. 23 - Nov. 21. A problem that has been nagging away at you in recent weeks can be dealt with directly now.

Sagittarius | Nov. 22 - Dec. 21. Your challenge this week is to work with other people without letting their little ways irritate you — too much.

Capricorn | Dec. 22 - Jan 20. Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

Aquarius | Jan. 21 - Feb 18. Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

Pisces | Feb. 19 - March 20. You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

SALLY BROMPTON

Caption Contest

"I hope this isn't one of those things your tongue freezes to!"
Maria

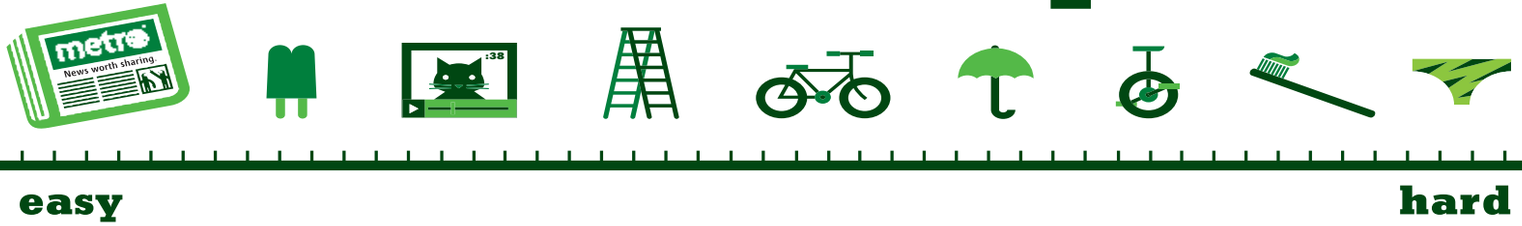
ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability



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